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HOMES + CONTENTS

(AFFORDABLE, EASY, DOABLE)



EVERY ISSUE

8 IN THIS ISSUE

Meet our talented homeowners and **homes+** experts.

12 VIEWA

Get **extra content** on your phone or tablet.

ON THE COVER

This month, we meet Stella Gaffney, who renovated her classic home on the NSW Central Coast. Stella and her husband Michael knew as soon as they saw the place that they had to buy it, and we love the **light, natural style they've filled it with.**

WELCOME TO HOMES+

Style is for everyone and your home is all about making you happy. Say hello to **homes+** – a magazine that delivers accessible, practical and easy ideas that we hope will brighten your month. – The **homes+** team.

28 EASY DIY

If you're looking for a project to get you through the weekend, check out the **five do-it-yourself step-by-step guides** in this issue. Whether your thing is **sewing, woodwork or leatherwork**, and no matter your level of expertise, there's something here to **update your living room, bedroom and dining table** in a style to suit you.

38 \$100 AND UNDER

We've uncovered a treasure trove of **beautiful objects for each room** of your home including the bedroom, bathroom, living and kitchen – and all of them with an affordable price tag. Choose from contemporary, classic, beachy or country – whatever suits your style!

86 BEST BUYS

Who doesn't feel better after a good night's sleep? We've found **the best mattresses, ensembles and bed frames** to help you rest easier.

42 CLASSIC

It was love at first sight for Stella and her husband Michael when they walked into their Central Coast property. With key updates, lots of **warm whites and natural lighting**, it's become a beautiful family-friendly home.

50 COUNTRY

With four sons in her family, Melissa needed to create a home that worked with an active lifestyle. A Queenslander-style house in need of cosmetic changes was the way to go.

58 BEACHY

Wendy has spent 23 years in her Northern Beaches family home, transforming it from a basic red-brick three-bedder into a fresh, **sensational summer entertainer.**

HOMES+ RENOVATING & DECORATING FOR PROFIT WORKSHOP

PLANNING A HOME MAKEOVER?

Don't do a thing until you've been to this workshop. Reno expert Cherie Barber, style master James Treble and money guru Effie Zahos will give you all the info you need to make your renovation or decorating projects pay off big time!

SEE PAGE 15 FOR DETAILS



EASY FOOD

69 STIR-FRIES

Simple tricks and easy recipes so you can create a delicious **beef or prawn stir-fry** at home.

72 WEEKDAY COOKING

Five meals that take less than 30 minutes to prepare, cook and serve. That's **a week's worth of family dinners** sorted!

74 FRIDAY FOOD

Put down the delivery menu! **Make your own fast food** with our recipes for pizza dough and sauce, plus new topping ideas and cheeky cheats for a quick Friday night meal.

76 VANILLA SLICE

Give this **classic dessert** a go. Our how-to guide makes mastering it easy.

BEFORE & AFTER

79 KATH'S RENO

Its **rundown state and position on a busy Sydney road** couldn't deter Kath and her husband Chris from buying and renovating this light-filled home, with stellar success.

84 STYLIST'S CHALLENGE

You could win a \$1000 makeover! This month it's seven-year-old Harry's **bold bedroom**.

104 BRAND NEW BATHROOM

Renovation expert Cherie Barber's walks us through a brilliant **budget bathroom makeover**.

MY BACKYARD

89 URBAN SANCTUARY

A windy and underused cityside balcony is transformed into a tranquil space **ideal for relaxing and entertaining** thanks to a clear brief from the homeowners and a little help from a landscape gardener.

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Add a range of fresh and vibrant **herbs to your garden**, ready to be picked and added to your delicious summer barbecues.

94 GARDEN AND VEGIE PATCH PLANNER

Dale Vine tells you what to sow, maintain and harvest **in the garden this month**.

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110 SCOTTY'S DIY

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READER HOMES



\$89

BRIGHT LIGHT

"My favourite find is my new kitchen pendant light that I bought about four months ago – I found it online at The Family Love Tree."

WENDY PYLL – BEACHY PG 58



\$179

STYLE ON TAP

"I love the Glittran mixer tap from Ikea in my kitchen. It was only \$179, it looks amazing and is so nice to use."

MELISSA STANDA – COUNTRY PG 50



\$9.95

CUSHIONS COVERED

"For the kids room we love H&M cushion covers. They're so affordable! We even have a few velvet ones that cost only \$9.95."

STELLA GAFFNEY – CLASSIC PG 42

READERS AND EXPERTS

IN THIS ISSUE

homes+ readers and the experts reveal their favourite products.

THE EXPERTS

AS THE CLASSIC LOOK HAS A TRADITIONAL ELEMENT, A COLOUR PALETTE FROM NATURE IS A FAVOURITE. WHEN CHOOSING YOUR SCHEME, LOOK TO YELLOW, BLUES, GREENS AND BROWNS IN SOFT, MUTED TONES, RATHER THAN BRIGHT, BOLD COLOURS.

JAMES TREBLE



See page 102



See page 104

Bio ethanol wall-mounted fireplaces are great for adding a bit of spice to an otherwise boring space. Able to be installed DIY and costing practically nothing to run, they are a real value add to any home.

CHERIE BARBER

IF YOUR PET LIKES SNOOZING OUTDOORS, THE PETLIFE ALFRESCO DELUXE BED IS IDEAL. THE ABOVE-GROUND DESIGN ALLOWS AIR TO CIRCULATE, MINIMISING THE RETENTION OF ODOUR.

DR LISA CHIMES

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Have you got a small or square-shaped lawn that your standard round sprinkler just doesn't cover properly? Worry no more because **Pope** have developed a **square area sprinkler** that throws water in a square shape!

DALE VINE

EVERYONE KNOWS I LOVE A GOOD BARBIE, AND THIS 4-BURNER BBQ IS AN ABSOLUTE CRACKER! PLUS, IT'S ON SALE FROM OCTOBER 28 TO NOVEMBER 8, FOR \$499! AVAILABLE AT SHOP.MITRE10.COM.AU

SCOTTY CAM



See page 110

FF 03 Steely Gray
SWAU 1453

FF 07 Tame Teal
SWAU 1317

FF 09 Amaryllis
SWAU 1055

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In this issue

STEP-BY-STEP PROJECTS

Before you get creating, watch a how-to video of all the DIY projects **pg24** ...and get the templates on **pg27 & pg28**

SHOP THE PAGE NOW!

Buy a selection of our decor and homewares (all \$100 and under!) off the page from **pg34**

MORE FROM THE HOMES

Check out a video of Stella showing us her beautiful classic home **pg44** ...then shop some of her best buys **pg48** See more of Melissa's country home **pg51** Shop Melissa's look off the page **pg52** Watch a clip of Wendy as she takes us on a tour of her beachy home **pg64** Buy some of Wendy's fave pieces **pg65**

STYLIST CHALLENGE

Seven-year-old Harry got a bedroom makeover. Here's what he thinks! **pg84**

ENTER TO WIN!

We have plenty of prizes to be won **pg109**

SCOTTY CAM'S WORKSHOP

Check out Scotty Cam's DIY video **pg110**



ALL-IN-ONE

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CHERIE + JAMES + EFFIE

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WORKS

THE CANVAS
WORKSHOP

Colorbond

RENO EXPERT
Cherie Barber
reveals her money-
making reno secrets.

STYLE MASTER
James Treble shares
his decorating tips
and style know-how.

MONEY GURU
Effie Zahos reveals
the tax perks when
renovating.

IF YOU'RE PLANNING a home makeover, whether it's a bit of decorating or a full-blown renovation, before you do a thing, book into the **homes+ Renovating & Decorating For Profit** workshop! Our guest speakers include the best in the biz. **Cherie Barber** is the original renovating for profit expert and a personality on TV's *The Living Room*. She's known for her low-budget renovations that create big impacts and make even bigger profits. **James Treble** is another star from *The Living Room* and an interior design and decorating whizz. He knows exactly how to decorate to help increase your home's value when it comes time to sell. **Effie Zahos** is our go-to finance expert. She's the editor of *Money* magazine and has a wealth (ahem) of information to share. There'll be time for questions, refreshments and a fabulous gift to take home. Tickets are limited!

THE DETAILS

SYDNEY

Date Saturday 28th November.

Time 9:30am for 10am start.

Venue Alexandria Town Hall, 73 Garden Street, Alexandria 2015.

Tickets \$150 per person from
Magshop.com.au/
homesplusworkshop

MELBOURNE

Date Saturday 12th December.

Time 9:30am for 10am start.

Venue Grey Gardens,
51 Victoria Street, Fitzroy 3065.

Tickets \$150 per person from
Magshop.com.au/
homesplusworkshop

TICKETS

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KEEP A FEW **THICK RUBBER BANDS** IN A KITCHEN DRAWER TO HELP OPEN STUBBORN JAR LIDS. STRETCH THEM AROUND THE RIM OF THE LID TO PROVIDE SOME EXTRA NON-SLIP GRIP, THEN TWIST THE LID RIGHT OFF.

HANDY HINTS

PRACTICAL IDEAS

HERE'S A CHEAP AND EFFECTIVE ALTERNATIVE TO **WATERPROOF MASCARA REMOVER**: MOISTEN A COTTON PAD THEN DAB ON SOME **OLIVE OIL**. GENTLY RUB YOUR EYELASHES WITH THE PAD AND THE MASCARA WILL COME OFF EASILY.

HOME SHORTCUTS

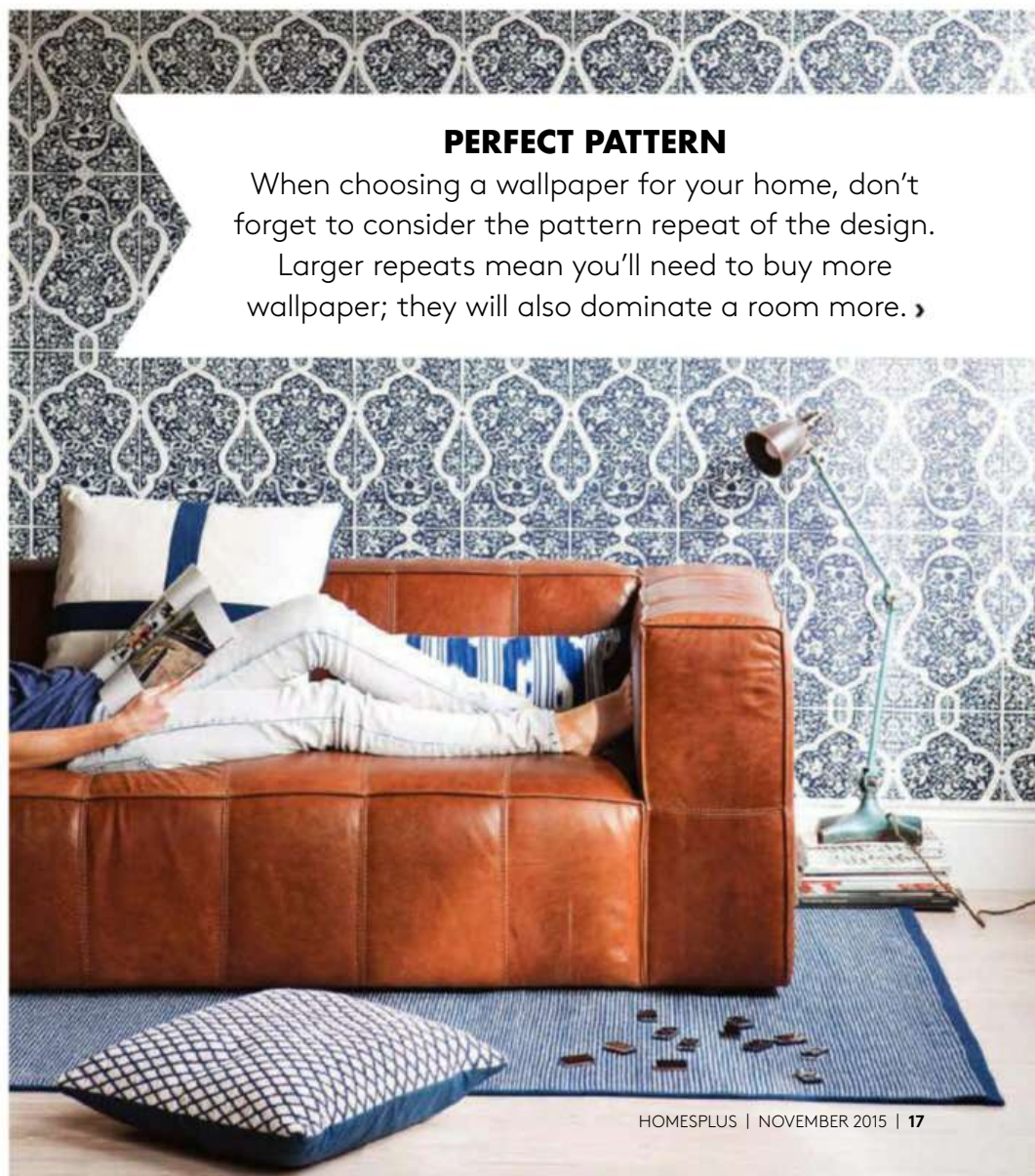
Here, we share all the clever tips and tricks to a happier, more efficient home – to **make your life easier**.



If your kids regularly ask you: “**What’s for dinner?**” and it’s beginning to drive you nuts, chalk up the weekly menu on a small **blackboard** and hang it in the kitchen for all to see. It stops the daily question, and it’s good for family relations!

PERFECT PATTERN

When choosing a wallpaper for your home, don’t forget to consider the pattern repeat of the design. Larger repeats mean you’ll need to buy more wallpaper; they will also dominate a room more. ➤



PRACTICAL IDEAS



That's a wrap!

If your kids love to paint you'll have built up a good collection of their colourful, abstract art. Why not **use it to wrap gifts**? Not only can you **display your children's artworks** in a different format, but recycling their art means you don't have to buy expensive giftwrap!

Scrub **stubborn stains** on clothes and linen with an old toothbrush and a bar of Sard Wonder Soap. It works a treat! For oily stains swap the soap bar for a drop of dishwashing detergent.



GET THE KIDS TO PLAY WITH THEIR **LEGO** ON AN OLD BEDSHEET. WHEN IT'S TIME TO TIDY UP, INSTEAD OF HAVING TO PICK UP EACH TINY LEGO PIECE, JUST GATHER UP THE CORNERS OF THE SHEET AND PACK AWAY IN ONE. EASY!



FOR KIDS' FUN THAT LASTS MORE THAN FIVE MINUTES AND COSTS NO MORE THAN TEN DOLLARS... bake mini muffins and let the little ones decorate them with coloured icings, sprinkles and marshmallows. **h+**

Stink solution

IF YOU HAVE TEENAGERS WHO DO A LOT OF SPORT, THEIR SNEAKERS WILL GET REALLY STINKY. SPRINKLING BAKING SODA INTO THE SHOES BETWEEN WEARING HELPS TO ABSORB THE MOISTURE AND NEUTRALISE THE ODOUR - NO MORE BAD SMELLS!



The best way to STORE LOOSE BITS 'N' BOBS

is to use tackle boxes or nuts-and-bolts containers. They come in heaps of different sizes and have lots of little compartments. Find them in the fishing or auto sections of hardware stores.



A woman with long brown hair is sleeping peacefully in a bed. She is wearing a light blue tank top and is covered by a white duvet. Her head is resting on a white pillow, and her right arm is bent with her hand near her head. The bed has white linens and a white pillow. The lighting is soft and warm, creating a cozy atmosphere.

*Beneath
every good
sleeper
is a great
mattress.*

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Winks

love

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4 Note chairs



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PRACTICAL IDEAS

(AFFORDABLE, EASY, DOABLE)

5 COOL
& EASY
DIY
IDEAS!

Faux fun

All you need to style up a simple tray is marble-look contact paper and a spare 15 minutes.

Ring, ring

Set a striking dinner table by adding real leather napkin rings with brass details.

Coast along

Personalise these hex coasters with colours to suit your tumblers and tableware. ➤

THIS MONTH STYLE YOUR HOME WITH THESE GREAT DIY PROJECTS

MAKE IT YOURSELF

STEP-BY-STEP DECOR IDEAS

Need style inspiration? Flex your creative muscles this month with our clever ideas **for your home.**

\$40.39

OTTOMAN >>

This fabulous footrest will set you back a fraction of the cost of a store-bought ottoman, plus it's a simple task to customise the design to suit your decor.

STEP ONE Place the first 50cm canvas square in front of you. Fold it in half, then half again, to make a 25cm square.

STEP TWO Hold the top of the ruler at the closed corner of the canvas. Swing the ruler from one edge to the other, using the pencil to mark 25cm points towards the bottom of the canvas as you go.

STEP THREE With a sharp pair of scissors, cut along the marked points. Unfold the canvas to reveal a circle. Repeat with the second canvas square.

STEP FOUR Lay out the canvas rectangle in front of you, and place one of the circles on top. Lining up a long side of the rectangle and the edge of the circle, use a sewing machine to sew the two

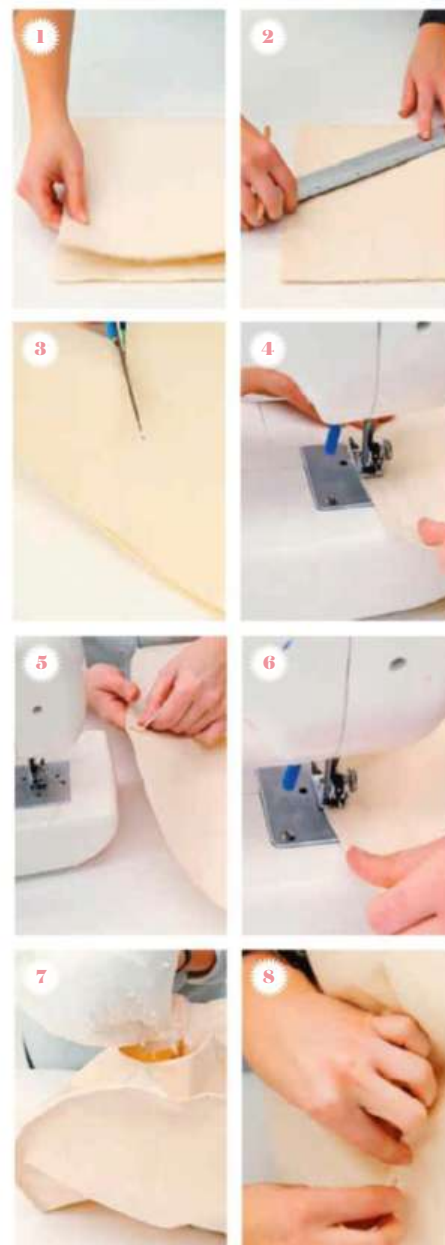
pieces together, slowly turning the circle as you go to meet the long side of the rectangle.

STEP FIVE Repeat this process by sewing the second circle to the opposite long side of the rectangle. The short sides of the rectangle should now meet. At the opening, sew only the top and bottom closed, leaving enough room to turn the ottoman cover inside out.

STEP SIX Once the cover is the right way around, narrowly sew around the top and base edges of each circle to give the ottoman definition.

STEP SEVEN Using bean bag beans, carefully fill the ottoman.

STEP EIGHT Use a needle and thread to sew the remaining space closed to complete your ottoman. >



HOW-TO VIDEO

Use the free **viewa** app to scan this page and see the step-by-step videos for making these cool projects.

DIFFICULTY RATING CHART

> EASY AS 1, 2, 3

>> A BIT HARDER

>>> GET A FRIEND TO HELP YOU

IN THE PICTURE Helvig **sideboard**, \$1620, and Horizon **armchair**, \$495, from Matt Blatt. ON **SIDEBOARD** Concrete **cones**, large in Natural, \$29, and small in Black, \$24, concrete round **tray** in Natural, \$49, and concrete **jar** in Natural, \$55, from Zakkia. *Happy Cactus* **print** in Coral with timber frame, \$165, from Life Interiors. **Potted plants**, \$39.99 for set of three, from Typo. ON **CHAIR** Zanini **cushion**, \$119, from Life Interiors. ON **WALL** Contact grid **wallpaper**, \$132 for 10m roll, from Milton & King. ON **FLOOR** Ferm Living kelim Semicircle **rug**, \$189, from Designstuff. **FOR THE PROJECT** Art Spectrum unprimed cotton **canvas** (1.83m x 1m), \$27.40, from Eckersley's. **Bean bag fill**, \$12.99 for 500g, from Spotlight.

Make it yours!

We used primer and fabric paint to customise this look. Try a simple pattern in colours to match the room.

YOU WILL NEED

Artists' canvas, cut into 2 x squares (50cm x 50cm) and 1 x rectangle (1.58m x 40cm); ruler; pencil; scissors; sewing machine; bean bag beans; sewing needle; thread



Modern look

Contact paper gives this tray its cool finish, plus any spills will wipe clean.

YOU WILL NEED Serving tray; marble-look contact paper; pencil; ruler; scissors

\$25.95

MARBLE-LOOK TRAY

For a low-cost look that's bang on trend, add a faux marble finish to your kitchen basics. Try updating a serving tray – it'll look so good, you'll keep it on show.

STEP ONE Place the serving tray on the backing of the contact paper, and trace around it with a pencil.

STEP TWO You'll need to reduce the size of the circle by the width of the tray rim, so that it fits neatly in the base. To do this, measure the width of the rim (ours was about 6mm).

STEP THREE Using the ruler, make a series of small marks 6mm inside

the edge of the circle, to create a new, smaller circle the size of the tray base.

STEP FOUR Using the small marks on the inside of the traced circle as your guide, cut out a circle shape.

STEP FIVE Peel the contact paper away from the backing and apply it to the inside of the tray, using the ruler to smooth out any air bubbles as you go. Now your tray is ready to be styled!

IN THE PICTURE Klarkson **dining table** in Oak (1.5m x 80cm), \$499, from Freedom. Timber **dining chair** in White, \$195, from Matt Blatt. ON TABLE Svenska Hem "Triangles" **vase**, \$19.95, Leaf **cups with saucers**, \$14.95 each, **tea towel**, \$19.95 for two, and Flower **teapot**, \$24.95, from Kikki K. Cement **pot plant**, \$14.99, from Typo. **FOR THE PROJECT** Skala **tray**, \$19.99, from Ikea. White/grey marble **contact paper**, \$11.95 a metre, from Crockers Paint & Wallpaper.





\$2.75 EACH

HEX COASTERS

Creative coasters can be hard to find. Make your own, in the style and colours you like, for a set to match your decor.

STEP ONE Print and cut out the hexagon template (available on the *viewa* app). Place it on the plywood and trace around it with the pencil. If you are making more than one coaster, reduce wastage by butting the hexagons against each other.

STEP TWO Cut out the hexagons using a jigsaw.

STEP THREE Sand the edges of the coasters thoroughly, then give them a wipe to remove dust.

STEP FOUR Apply the painters' tape. We went for graphic colour blocking but you can get creative with pattern. Paint the coasters, and leave them to dry thoroughly.

STEP FIVE Remove the painters' tape.

STEP SIX Spray each coaster with sealant. Allow to dry.

Why not make a set for each of your friends, too? »

IN THE PICTURE Brandon dining table in White/Oak (1.1m), \$399, and dining chairs in Yellow/Oak, \$169 each, from Freedom. ON TABLE Little Pearl pen, \$7.99, Hexe glass terrarium, \$39.99 (holding succulent from Bunnings), and salt & pepper mill set, \$29.99, from Typo. Hello Yellow notepad, \$14.95 for set of three, coffee mug, \$12.95, and large and small bowls, \$24.95 for set of four, Kikki K. **FOR THE PROJECT** AA Grade 12mm hardwood marine plywood (1.22m x 61cm), \$34, from Bunnings.



YOU WILL NEED

Hexagon template (available via the *viewa* app); scissors; 12mm-thick plywood; pencil; jigsaw; sandpaper; painters' tape; paint in colours of your choice; paint brush or sponge; spray sealant

Colour confidence

If in doubt, keep the theme striking and simple, with classic black and white.



GET THE TEMPLATE

Use the free *viewa* app to scan this page and get the coaster template.

\$70.35

LIGHTNING BOLT ⚡⚡⚡

For a stand-out wall light, you can't go past this make-it-yourself design. Once the hard work is done, it's easy to customise with colour and light placement.

STEP ONE Print and cut out the lightning bolt template. Place on the plywood. Trace around it with the pencil.

STEP TWO To create the "sides" of the light, start at the top of the lightning bolt and label this straight edge "A". Measure the length, and add 2cm. Note this measurement under the "A". Move around the shape, labelling, measuring, adding two centimetres and recording the measurements. Once you have numbers for letters A-K, you can measure out these pieces to cut. Each side should be about the width of a ruler, so use it to guide you as you measure and mark lengths A-K. Mark each of these lengths with the corresponding letter as you go.

STEP THREE Cut out the lightning bolt shape and side pieces using the jigsaw. Sand edges, then wipe to remove dust. Arrange the lightning bolt and side pieces on a work bench.

STEP FOUR Place the T-bevel on the top right corner of the lightning bolt to

deduce the angle. Place side piece A on top of the corresponding edge, and use the T-bevel to make a mark where side piece A needs to be cut.

STEP FIVE Place in the vice and cut angle with the hand saw. Sand edge.

STEP SIX Nail side piece A onto edge A of your lightning bolt.

STEP SEVEN With the lightning bolt lying flat, and side piece A attached and facing up, place side piece B on edge B and use the T-bevel to deduce the next angles. Cut, then nail side piece B into place. Continue until all sides are nailed to the lightning bolt.

STEP EIGHT Mark where the LED lights will sit (ours were spaced roughly 5cm apart, and about 3cm in from the edges of the shape). Drill through the markings using a 5mm drill bit.

STEP NINE Spray the lightning bolt in a colour of your choice. Dry overnight.

STEP TEN Push the LED lights through the holes. Tape the battery box and excess string lights neatly in the back. ➤

IN THE PICTURE Home Republic "Cutler" side table, \$299.95 for set of two, Emerson frame in Black/Natural, \$29.95, Buxus plant in faux concrete pot, \$39.95, and Lundo queen quilt cover set, \$199.95, from Adairs. Minimalist vision board quote, \$9.95 for pack of 10, from Kikki.K. Mini wooden clock in Pink Geo, \$19.99, from Typo. ON WALL "Tom Stripe" wallpaper in Black (125cm), \$91 a lineal metre, from Emily Ziz Style Studio. ON FLOOR Livyn Essential Classic Oak Black Plank vinyl flooring, \$34.95 a sq m, from Quick-Step. **FOR THE PROJECT** AA Grade 6mm hardwood marine plywood (1.22m x 61cm), \$19, and Arlec 250 LED white string party lights, \$24.90, from Bunnings.



GET THE TEMPLATE

Use the free **viewa** app to scan this page and get the lightning bolt template for this project.



**Against the wall**

Hang your light on the wall by resting it on a few strategically placed screws.

**YOU WILL NEED**

Lightning bolt template (available via the viewa app); scissors; 6-7mm-thick plywood; pencil; ruler; jigsaw; sandpaper; T-bevel; hobby vice; hand saw; small nails; hammer; drill with 5mm bit; spray paint; LED string lights; electrical tape

📷 @homesplusmag

We'd love to see your completed DIY projects! Tag us and include the hashtag #homesplusDIY on Instagram or Facebook so we can take a look.

YOU WILL NEED

38mm leather strap; pencil; ruler; sharp scissors; piece of scrap timber; leather punch; rubber hammer or mallet; brass screw posts (Chicago screws)

\$2.48 EACH

LEATHER NAPKIN RINGS

Real leather table accessories are a simple and inexpensive make-it-yourself task, but they'll have any place setting looking like a million bucks.

STEP ONE Lay the leather strap face down on a flat surface. Using a pencil and ruler, measure 15cm lengths, drawing a line across the width.

STEP TWO Using sharp scissors, carefully cut along the lines.

STEP THREE Turn each leather strap over and, using the pencil and ruler, mark a spot 1cm in from one end, positioned at the centre of the width (about 2cm). Repeat at opposite end.

STEP FOUR Place strap, markings facing up, on a piece of scrap timber.

Position the leather punch over the markings and carefully hammer into the leather, creating a hole for the key post. Repeat at opposite end.

STEP FIVE Push one half of a brass screw post through a hole. Loop the leather into a ring, and push the brass screw post through the second hole.

STEP SIX Screw the remaining half of the post into the first half, securing the napkin ring to complete. Repeat with the remaining leather straps and screw posts to complete the set! ■

Timeless idea

Neutral leather goes with any colour linen, so you'll get plenty of use out of these rings.

IN THE PICTURE Frieda **dining table** in Oak/White (1.6m x 90cm), \$799, and Cross Grid hi ball **glass** in Blush, \$3.95, from Freedom. Fargo **napkins**, \$34.95 for set of four, from Country Road. Pois serving **plates**, \$54.90 each, and Porte **placemats**, \$8.90 each, from Citta Design. Scape salad **plates** in Cocoa, \$9 each, and gold **cutlery** five-piece settings, \$49 each, from West Elm. Bladet **vase**, \$29.99, from Ikea.

FOR THE PROJECT 2mm-thick Italian **leather strap**, 38mm wide, \$15.40 for 1.2m, and 6mm brass-plated **screw posts**, 55c each, from Birdsall Leathercraft.



SPOTLIGHT

Bargains
Galore!

NEW
& EXCLUSIVE TO
SPOTLIGHT

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COLOUR



The IMK Professional Colour range brings a smart contemporary collection of kitchen appliances into your home. Each product from the Simply and Stylish range is built to be used every day, and with an intelligent design and splash of colour, brightens and inspires your kitchen. We aim to make your life easier.

6

COLOUR CHOICES RED, WHITE, SILVER, BLACK, AQUA & PURPLE

BLENDER
reg \$59.99

2 SLICE TOASTER
reg \$44.99



KETTLE
reg \$64.99

STICK MIXER
reg \$64.99

imkcolour.com



AFTER

**CREATE CALM**

Experts say choose blues for rest and relaxation. We used Sherwin-Williams Jay Blue (main), Ibis White (top panel), Magical (bedhead), Domino (fireplace) and Capri (bird statue).

Ibis White
SWAU4069

Jay Blue
SWAU1361

Capri
SWAU1353

Domino
SWAU6989

Magical
SWAU1425

Decorators transformed this run-of-the-mill room into something special using tonal blues from Sherwin-Williams's "Fashion Forward" colour collection, which takes its cues from couture. A cult favourite in the US, Sherwin-Williams is famous for its quality paints and curated colour collections – palettes of 20 shades designed to work together throughout your home. **HOT TIP:** why stop at the walls? Channel your inner Picasso and make figurines and furniture your next canvas.

CREATIVE COLOUR RESCUE

Wake up a tired bedroom with bold blue hues from Sherwin-Williams' Fashion Forward colour collection.

BEFORE



For more home inspiration, visit the Sherwin-Williams showcase at **Masters Home Improvement** and explore other colour collections while you're there.
www.sherwin-williams.com.au

**SHERWIN
WILLIAMS.**
Since 1866

Masters
Home Improvement

BARGAIN BUYS SHOPPING

(FAB FINDS TO SUIT YOUR STYLE)

**BUDGET
BUYS**
UNDER \$100
FOR YOUR
HOME!

Summer loving
Pull together a fresh
new look for your
home with indoor
plants and little
extras in fun colours.

OUT OF THE BLUE

Tropicana Bulb **vase**, \$14.95,
Cotton House "Crete" **beach towel**,
\$59.95, and Morgan & Finch
"Gallery" **pitcher**, \$24.95, from Bed
Bath N' Table. Succulent **potted**
plants, \$6.99 each, from Ikea. Face
planter mini, \$9.99, from Typo. ▶

THIS MONTH LIVING ROOM, KITCHEN, BATHROOM & BEDROOM

Living



BASKET CASE
Home Republic "Copper Hexagonal"
wire **hamper**, \$39.95, from Adairs.



TIME WILL TELL
Destiny **wall clock**,
\$34.95, from Emporium.



TOTALLY TRANSPARENT
Azaria **table lamp** in Brown,
\$89, from Freedom.



WANT MORE?

Use the free **viewa** app to scan this page to buy selected products for \$100 and under!



TO THE WIRE
Oscar wire **side table** in
Charcoal, \$45, from Target.



**BEST
BUY
\$32.95**



PRETTY PRINT
Higharden canvas **print** (50cm
x 50cm), \$32.95, from Emporium.



CLOCK ON
Ignite **wall clock** in Grey,
\$69.95, from Zanui.



**BEST
BUY
\$29.95**

SUPER STRIPES
Rapee "Linear" **cushion** in Tangelo,
\$29.95, from Masters Home Improvement.



CUTE COLOUR
Dacey **table light** in Aqua,
\$49.95, from Freedom.



MODERN APPEAL
Silk Stacked Geo **cushion cover**
in Nightshade, \$39, from West Elm.



NATURAL BEAUTY
Buco **ottoman** in Natural,
\$79.95, from Freedom.



ZIG, THEN ZAG
Modern **cushion** in Brown Chevron,
\$49.95, from Zazzle Homewares.



FAB LAMP
Vale **table lamp**, \$54.95,
from Emporium.



**BEST
BUY
\$34.95**



+



=

RISE AND SHINE

Karlsson **alarm clock**, in Black/Copper, \$34.95, from Mint Empire.

GO FOR GOLD

Decor ceramic decorative **vase** in Gold, \$49.95, from Salt&Pepper.



CLASSIC



+



=

HANDY STORAGE

Black Belly **basket**, \$29, from Olli Ella.

Habitat 40cm **pendant** in White, \$99.95, from Beacon Lighting.



CONTEMPORARY



+

Beach

=

WEAVE IT

Della 22cm **ceiling pendant** in Natural, \$99, from Freedom.

SPELL IT OUT

Shiloh rope **wall decor**, \$24.95, from Emporium.



BEACHY



+



=

SEEING RED

Tiko **cushion** in Red, \$29.95, from Super Amart.

ON THE SIDE
Hol **side table**, \$99, from Ikea. ➔



COUNTRY

Kitchen



DISPLAY YOUR DRINKS
Faux leather bar **tray**,
\$39.95, from Myer.



CHECK MATE
Aura By Tracie Ellis "Check"
stacking **bowl**, \$19.95, from Myer.



CLASSIC



**BEST
BUY
\$99**



SINK IN
Boholmen **sink**, \$99,
from Ikea.

PERFECT PERCH
Mars **bar stool** in Black,
\$60, from Fantastic Furniture.



CONTEMPORARY



**WANT
MORE?**

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viewa app
to scan this
page to buy
selected
products for
\$100 and under!



FIRST SERVED
White Rim lacquer **tray** in
Horseradish, \$59, from West Elm.

DAILY GRIND
One Fine Day "Ziggy"
salt & pepper grinders,
\$49.95, from Mozi.



BEACHY



**BEST
BUY
\$75**



HOT SEAT
Gamleby **chair**,
\$75, from Ikea.

SHELF LIFE
Vigo wide **shelves**,
\$69.95, from Mocka.



COUNTRY

Bathroom



PATTERN PLUS
Tribal **bath mat** in Stone,
\$39.95, from My House.



COPPER CADDY
Brio **shower caddy** in Copper,
\$34.95, from Freedom.



CLASSIC



IT'S A WASH
Tälleviken **wash basin**,
\$99, from Ikea.



ON TAP
Phoenix Vivid slimline **bath spout**, \$95,
from Masters Home Improvement.



CONTEMPORARY



AS IT STANDS
Towel stand with shelf, \$46.95,
from Howards Storage World.



FOOT FRIENDLY
Stripe **bath mat** in Chambray,
\$39.95, from My House.



BEACHY



TOUCH WOOD
Parallel **bath mat** in Natural,
\$39.95, from Freedom.



SOOTHING COLOUR
Dulux Wash & Wear 101 Barrier
Technology **paint** in Zenith
Heights Quarter, \$85.90 for 4L.



COUNTRY

Bedroom



SIT BACK
Omar **cushion** in Coal, \$29,
from Harvey Norman.



SMOKE SIGNALS
Bryce **ceiling pendant** in
Smoke, \$99, from Freedom.



TRUE REFLECTION
Ceramic **wall mirror** with handle in
Raw Natural, \$59.95 for large, from Zanui.



WANT MORE?

Use the free **viewa** app to scan this page to buy selected products for \$100 and under!



TOP TIER
Kayla three-tier shade **pendant**, \$40, from
Masters Home Improvement.



GOOD LIGHT
Hektar **floor lamp**,
\$79, from Ikea.



TOP DRAWER
Alpine 3-drawer **lowboy** in Black
Brown, \$69, from Fantastic Furniture.



PILLOW TALK
Megan Gale "Capri" European
pillowcase, \$30, from Target.



NICE PINS
Portsea MKII **stool** in Aqua,
\$49, from Freedom.



THE BEST THINGS
Oskar tripod **floor lamp**,
\$99, from Target.



CARRY ON
Home Republic "Havana" arrow weave
basket, \$59.95, from Adairs.



TREASURE CHEST
Askvoll **chest of drawers**,
\$69, from Ikea.



FOR THE FLOOR
Herringbone **rug** in Natural
(1.2m x 1.8m), \$69, from Target.





SIMPLE THINGS
Mercer + Reid "Dahlia" **side table**
in Blush, \$69.95, from Adairs.



**BEST
BUY
\$34.95**



RUG UP
Chevron Jute **rug** (60cm x 90cm),
\$34.95, from Zanui.



CLASSIC



LOVE TRIANGLES
Miami **cushion** in Red,
\$59.95, from My House.



ROUND ABOUT
Kyle round **side table**,
\$99.95, from Emporium.



CONTEMPORARY



**BEST
BUY
\$79**



PASS THE TIME
Morgan & Finch wooden **wall clock**,
\$39.95, from Bed Bath N' Table.



BEACHY



FLOWER POWER
Katherine **cushion**, \$49.95,
from My House. **W+**



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#bargainbuys, follow
us on Instagram or
Facebook for our top
weekly picks.



COUNTRY



DISCOVER THE SLEEK EDGE
OF **CONCERTO**



SHOWER HEAD **\$106**



GLASS SHELF **\$59.92**



SINK MIXER **\$167**



SHOWER BASE **\$206**



TOILET ROLL HOLDER **\$35.80**

Create your dream bathroom for a stunning price with **CONCERTO**, one of seven unique and affordable styles from Mondella.

READERS' HOMES

(REAL PEOPLE, REAL STYLE)

**THREE
FABULOUS
FAMILY HOMES
PLUS SHOW US
YOUR HOME TO
WIN \$1000
SEE HOW ON
PAGE 111**

COUNTRY



CLASSIC



BEACHY



THIS MONTH BEACHY, COUNTRY AND CLASSIC

CLASSIC HOME STELLA GAFFNEY

THE NEW NEUTRAL

Ocean views and fresh neutral decor add
up to a warm, **light-filled family home.**

DINING

Happy days

The family love spending time together around the table enjoying their spectacular water views.

LIVING ROOM

Fun and games

A felt garland next to the kids' furniture makes a cute little activity corner.

TIP

Use rugs as room dividers in open-plan spaces.

DETAIL

Leave a note

Chalkboard paint provides a spot for fun notes and shopping lists.

WAKING UP TO views of the ocean is a dream come true for Stella, 38, and husband Michael, 36. They bought their home on the New South Wales Central Coast four years ago after a lengthy search for the perfect place.

"Michael walked through the door and simply said, 'wow,'" Stella recalls. "The water view and outlook were its greatest features; we just knew this was an opportunity that we had to jump on."

The couple wanted their new home to be a sanctuary away from their working lives, so the fact it was a bright and airy corner block with high ceilings sealed the deal.

The house, built in the 1960s, definitely had the feel-good factor, but the interiors hadn't been updated for decades, so Stella and Michael got to work on the renovations, starting with the removal of an old built-in bar.

"Taking out the bar gave us a whole other living space," Stella explains. "We also pulled up the carpets to polish the floorboards with a limewash colour and updated the kitchen and bathroom."

They were also keen to keep some of the original features of the home to preserve the essence of its character.

PURPOSEFULLY PRETTY

With a young family, Stella isn't too precious about the decor. "We do have a few 'grown-up' pieces, but the children seem to play around them," she says. ▶

MEET STELLA

About me My name is Stella and I'm a university teacher. I live here with my husband Michael and our two children Eva, two, and Luca, 14 months.

Best buy The original Thonet chair in the dining room. It was at a local market and the vendor wanted \$30 for it. I only had \$20 dollars left and she accepted my plea.





SEE STELLA'S PLACE

Use the free **viewa** app to scan this page to see a video of Stella showing us her classic home.

Back beauty
Simple white subway splashback tiles contrast beautifully with the wooden benchtops.

KITCHEN



“White walls make our home feel warm and fresh.”

“There aren’t a lot of breakables everywhere and I have added more pops of colour,” she says.

As well as being a functional family home, it reflects Stella’s personality. “I love to curate bits and pieces,” she says. “If I find an interesting item, I just trust it will find a place in the house.”

From vintage books to tote bags and toys, decorative pieces have to be beautiful yet functional – a great idea when you don’t have a lot of storage. Many of these items are picked up on the family’s travels or from markets. Much of the furniture is from stores like Freedom and Ikea in the kids’ rooms.

“We love Ikea as it’s extremely functional and durable,” Stella says.

LIGHTEN UP

Stella has created a modern classic feel, pairing natural tones with white walls, which reflect natural light. »



LIVING ROOM

Waves of delight
Stella painted the artwork above the sofa to reflect the feeling of the water.



DINING

Cool and clever
Durable and stylish, white plastic dining chairs are ideal for young families.

[5] decor tips

ONE Think about how your colour scheme works with the lighting in your house. We get a lot of sun so white walls look very fresh.

TWO If you don’t have a lot of natural light try different shades of colour – a medium tone on the walls will add depth and mood.

THREE Indoor plants are an easy way to create a focal point.

FOUR When you have children it’s important that they know where their things should go. We have baskets scattered around the house, canvas bags and natural baskets that store books and toys.

FIVE When you’re shopping you can get a sense of how a piece would look in your home if you have photos of rooms saved on your phone.



DETAIL

Cheerful touch
Tote bags hang off wooden hooks from Cotton On Kids on the end of the bench.



KIDS BEDROOM

Soft and simple
A grey cloud blanket from Adairs adds softness to the room. The bunting was handmade by a Dutch company called Lovely Dogs.



DETAIL

Whale tale
The couple found this Moby Dick poster at Dulcie Vera in Newcastle, a day after they learnt they were expecting Luca.

“I like things that look loved and have a story to tell.”



DETAIL

Mini monet
“We like to show Eva we value what she has made.”



KIDS BEDROOM

Spot on
Eva's bedroom is a gorgeous space that's not overly girly.



"While we were on holiday, I found this unusual poster advertising an exhibition and lugged it home. I love it."

BEDROOM

Cosy covers

Stella loves how the vintage washed linen quilt set from Adairs gives a lived-in look. >

STELLA'S COLOUR SCHEME

PALE GREY


Sherwin-Williams Cashmere Interior Paint & Primer in **Pussywillow**, \$72 for 3.78 L.

DUSTY PINK


Haymes Interior Expressions paint in **Athena**, \$69.95 for 4L.

AQUATIC BLUE


Dulux Wash & Wear paint in **Capstan**, \$85.90 for 4L.



NEW ADDITION
Crosses **cushion**,
\$49.95, from Aura
By Tracie Ellis.



POINT OF PRIDE
Adler certificate
frame, \$59.95, from
Country Road.



BEST CHEST
Mandal **chest of drawers**,
\$349, from Ikea.

STELLA'S BEST BUYS




ZIG AND ZAG
Chevron wool **rug** in
Grey (1.52m x 91cm),
\$136, from Pottery
Barn Kids.



STURDY STOOL
Frosta **stool**
in Birch, \$14.99,
from Ikea.

SHOP THE PAGE



Use the free **viewa** app to
scan this page to buy some of
these items straight away!

DETAIL

Everyday accessories

A scarf or straw hat can
make a fun, inexpensive
decorative piece.

VERANDAH



On deck

An old cod chair for enjoying the views.
The white looks fresh against the grey deck.

"The simple palette draws attention to the real hero – our water view," says Stella. "White walls make our home feel warm and fresh."

Another talking point in the home is the limewashed floorboards that the couple installed throughout. They receive many compliments from visitors and they are a distinctive feature that set the tone for the rest of the home.

"It cost us more to do and was a risk as we had never seen limewashed floorboards before, but we are so pleased with the result," Stella says. "They make the home feel so inviting."

HOUSE OF LOVE

Stella is open to future renovations as she believes "homes have to evolve as your family does", but says the house is perfect for her family's current life stage.

"We find it such a joy to unwind at the end of the day in a home we love with the people we love." ■+

**GREAT
IDEA**
fairy
lights for
ambiance

OUTSIDE

In the shade

Stella's uncle found their outdoor table. The couple sanded it back and added some old deck chairs to create an informal area.

SHOW US
YOUR HOME
& WIN \$10000
see how on pg.111

Tranquil corner

Part of the property's appeal was its natural surrounds. "Our street is quiet, leafy and lined with Queenslanders," Melissa says.

COUNTRY HOME MELISSA STOWARD

living the DREAM

This **Queenslander home** moulded to Melissa's big family and was the perfect canvas for her vintage style.

WITH FOUR SONS between them, Melissa Stoward and her husband Brett needed a house that would accommodate an active household. When they spotted a Queenslander-style home in Gympie, two hours north of Brisbane, they could see its potential.

"The house is just gorgeous with French doors, leadlight windows, high ceilings, fretwork and all the romance that comes with that style," Melissa says. "It was in great condition but in need of cosmetic changes and a few internal additions to suit our family."

The first task was to separate the verandah running across the front and one side of the house. The couple built a wall to create a mudroom-style entrance, then converted the other side into a family room for the boys. The next priority was to convert a "long unusable room with endless doors and windows" into a nursery for the baby, by putting a wall through the centre.

"A retired chippy friend built the walls and to keep costs down I puttied, sanded and painted," says Melissa.

The lurid colour palette needed serious attention – every room was a different hue, and the ceilings were pink and purple with apricot stencilled flowers. Melissa got to work painting the entire interior in Dulux Bleached Wheat, ripping up the purple carpet then staining the hoop pine floorboards in Feast Watson Black Japan Floor Finish.

Vintage touches

Melissa prides herself on having a keen eye for a bargain, and her favourite pastime of trawling secondhand stores helped her uncover many of the home's most striking features.

"My favourite thing to buy is furniture, be it an accent chair or a vintage cupboard," she says. "If I can't fit it in here I sell it and move onto the next project."

"I love the 1900s dresser in the verandah, which I found for \$140 and painted with chalk paint," she says.

Many of the key decorative pieces were also sourced this way.

"The chandelier in our bedroom is probably my favourite piece. It was used at our wedding and was \$15 from a secondhand shop," Melissa says.

Her sons' rooms include vintage touches that create unique identities. >

VERANDAH

Come on in

"There's so much to love about this area, it sets the tone for the rest of the house," Melissa says.



SEE STELLA'S PLACE

Use the free **viewa** app to scan this page to see a video of Stella showing us her classic home.



MEET MELISSA

About me I'm Melissa Stoward, a stay-at-home mum. I'm married to Brett, who works in civil contracting. I live with my stepson Doug, 18, who divides his time between here and WA, Will, 15, Max, 10, Ed, 21 months old, and Jatz, a Maltese and silky terrier cross.

Top tip You need to live in a space first to get a feel for what needs improving, then renovate by keeping the style compatible with the home.

Max's room features a number nine sign from a petrol station's price sign and a skittle left over from a birthday party, which she painted cherry red. Eddie's room includes a whimsical timber aeroplane.

"It's actually a novelty planter purchased from Waynes World for \$20," Melissa says. "I love it, and knew instantly it would sit on that wardrobe."

Country life

The most cost-effective but dramatic transformation was the kitchen, which was full of "1980s yellow pine". Melissa took it from dated to country chic using lighting, door knobs and a lot of paint.

"I'm really proud that we transformed it into a farmhouse style by painting and installing the pendant lights."

She is also deservedly proud of the kitchen table that she snapped up for \$70, then sanded and painted herself.

"The stools were broken so were thrown in with the purchase of the table. Brett screwed them back together, I gave the seats a sand and painted the legs black. The boys sit here for breakfast every morning."

Melissa, who describes her décor style as "a bit of Hamptons and vintage with a nod to industrial-country", is not done yet. She says the renovation process will continue as her tastes develop.

"I believe a home is never finished, and I drive the family insane with constant moving and re-arranging," she explains. "The beauty of these homes is you can throw anything at them and it just works!" >



LIVING ROOM

Quite a fan

Melissa describes the Tahitian fan from Beacon Lighting as the feature of the room.



IN THE AIR
Tahitian **fan** in
Bronze With Coffee
Blades, \$279.20,
from Beacon
Lighting.

MELISSA'S BEST BUYS

ZIG ZAGGED
Chevron **cushion**
cover in Black,
\$29, from
Cush & Co.



SUPER COMFY
Aspect Modular
sofa, \$2499,
from Freedom.



SITTING STYLE
Rocket **stool** in
Black, \$20, from
Super Amart.



SHOP THE PAGE

Use the free **viewa** app to scan this page to buy some of these items straight away!

Dark nights

The bed was originally a mahogany stain but Melissa sanded it back and applied Black Japan for a contemporary feel.



MASTER BEDROOM

READERS' HOMES

LIVING ROOM

Chalk it up

Melissa loves the 1900s dresser in the verandah that she found for \$140 and painted with chalk paint.



“The house is just gorgeous with French doors, leadlight windows, high ceilings and fretwork.”



HALLWAY

Hang your hat

This is the wall Melissa added. The hooks are from a vintage store.

thrifty idea TO STEAL

Revamp your own furniture with chalkboard paint – there are loads of colours available!

BLACK OUT
White Knight
chalkboard paint in
Black, \$21.90 for
500ml, from Bunnings.

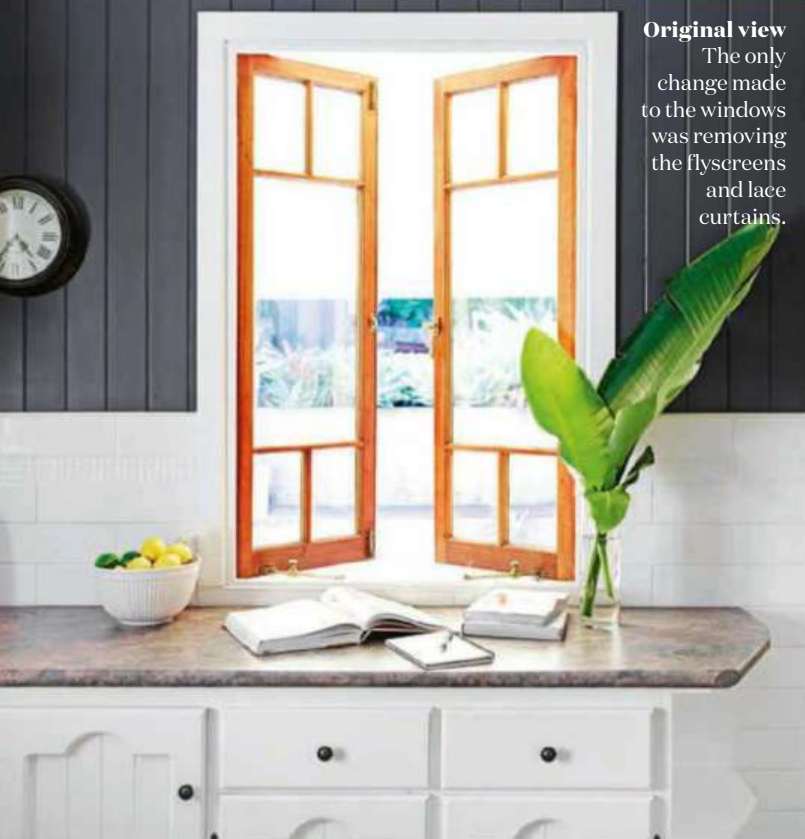
SEEING GREEN
Dulux Design
chalkboard paint in
Equatorial Forest,
\$25.55 for 500ml.

RED ALERT
Murobond
chalkboard paint
in **Cherry Nose**,
\$25 for 500ml.

KITCHEN

Original view

The only change made to the windows was removing the flyscreens and lace curtains.



NURSERY

New lease of life

The wire basket with cloth nappies was another of Melissa's salvage finds.



DINING

Watch the clock

Melissa fell in love with the oversized clock at Earthborn on the Gold Coast. "My parents bought it as a wedding gift for us."



BATHROOM

Simple cheat

The tiles on the walls and floor were originally purple. Melissa updated them with tile paint.



light change

“The pendant lights help transform the kitchen into a farmhouse style.”

Want to recreate Melissa's look? Here are a couple of the best pendant options.

KITCHEN

Keeping it simple
“We were lucky that the kitchen already had the subway tiles to compliment the farmhouse style we were trying to achieve.”



STEEL STYLE
Foto **pendant light**, from \$29.99, from Ikea.



HANGING AROUND
Mort Bay “Industrial” **pendant lamp** in Black Metal, \$120, from Masters Home Improvement. >

Paint it!

If you already have pendant lights, but you're not sold on the colour, give them a brand new look with spray-paint!

BURNT EARTH
Dulux Duramax in **Terracotta Chip Gloss**, \$11.45.

ALMOND CREAM
Rust-Oleum Ultra Cover 2X in **Gloss Almond**, \$11.95.

STORM CLOUD
White Knight Squirts in **Medium Grey** \$7.45.

TEEN BOY'S BEDROOM

Brit kit

Melissa got the picture and lamp from Ikea, and made the bedside table by painting an old filing cabinet navy.



MELISSA'S COLOUR SCHEME

BEIGE

Dulux Wash & Wear in
Limed White Half, \$69.95 for 4L.

RED

Haymes Colour Expressions in
Heat NG03, \$38.95 for 1L.

GREY

Taubmans Endure in
Ironstone, \$82.90 for 4L.

Part of history

The window box includes a tracing of some writing from January 1928 that was discovered on the bedroom floor when the carpet was lifted.

DETAIL



Practical piece

The timber aeroplane is actually a planter box purchased from Waynes World for \$20!

DETAIL



DETAIL

Hidden treasures

The desk was found under the house! "It was painted with orange crackle paint! I gave it a clean, a sand and a lick of white paint."



step-by-step make it!

MAKE A PALLET SHELVING UNIT

You will need Circular saw; pallets; belt sander; electric drill; screws; castors.

STEP ONE Using a circular saw, cut two or three pallets in half lengthways.

STEP TWO Use a belt sander to sand pallets until smooth.

STEP THREE Stack five or six pallet halves on top of one another, cut sides facing one way. Use the drill to screw them together along the sides and back as you go.

STEP FOUR Attach castors to the base of the unit, to make it easier to move around.

STEP FIVE Use your pallet shelving unit to store wine, magazines or board games.

Fresh air

Throughout the backyard Melissa has planted banana palms, yuccas and agaves to create a relaxed Queensland feel.



OUTSIDE

Outdoor living

What's most appealing about the house is the way it bends to the hobbies of its outdoor-loving occupants.

"The kitchen and dining rooms open onto a large alfresco area with a pizza oven and barbecue for entertaining."

In the upper level of the backyard is a pool with a turfed area to the side and a climbing wall that Brett and Will built together. "We have friends over most weekends and all the boys are usually in the pool," Melissa says. **H+**

SHOW US
YOUR HOME
& WIN \$1000
see how on pg.111

BEACHY HOME WENDY PYL

SUNNY style

Wendy's immaculate makeover of a three-bedroom red-brick home on Sydney's Northern Beaches has transformed it into the **perfect summer entertainer**.

LIVING ROOM

Cosy spot

Wendy enjoys ocean views from her comfy Oz Design sofa.

DETAIL

Chill out

The oar is from Rust in Avalon and the shell hanging from the Avalon Market Day.



MEET WENDY

About me My name is

Wendy. I'm a senior school teachers' aide – and soccer mum! I live with my husband Ralph, daughter Bethany, 19, son Nelson, 14, and our Jack Russell, Milo.

Money saver Update colours to suit the season with throws, cushions and painted planters.

DETAIL

Rustic piece

Wendy bought this wooden "Beach" sign from Home At Last in Milton.

HAVING GROWN UP IN AVALON on Sydney's Northern Beaches, Wendy Pyl was eager to stay in the area, albeit somewhere a little quieter, so she and husband Ralph bought a 1960s red-brick home in nearby Bilgola. Now, 23 years later, the couple have added to the original three-bedroom, one-bathroom house by building on another storey with an extra three bedrooms and two bathrooms.

One of the first reno jobs was to render and paint the outside of the home, then add a split-level living room that flows out onto the backyard.

Wendy and Ralph also decided to divide the house in two, so they could rent out the original three-bedroom house. All up, the work took about 18 months and it's now a relaxing beachside family home with bags of character and Wendy's personal touches.

EASY BREEZY

Over the years, Wendy has stayed true to her aesthetic – a distinct shabby/beachy style that can stand the test of time. "As I always live to a budget, everything that I choose has to last," she explains. >



OPEN PLAN

All together

The open-plan kitchen and living area flows seamlessly thanks to the tallowwood flooring.

"I love the upstairs living area and deck near the kitchen where we congregate."

Blue hue

The pendant light stands out against the crisp white kitchen.



KITCHEN

Vintage treasure (right)

Wendy stores her glassware, platters and good cutlery in an old kitchen dresser, bought from a shop on the Central Coast.

"My new kitchen pendant light, which I bought about four months ago - I found it online at The Family Love Tree."

BEST BUY



DETAIL

step-by-step make it!

COAT HOOK BOARD

You will need A piece of distressed wood (salvaged old doors or windows make great sources of wood for this look); sandpaper; drill; coat hooks with screws.

STEP ONE Smooth the surface of the wood a little using sandpaper, but not too much as you want to keep it looking distressed. Give it a clean, if needed.

STEP TWO Decide where you want the hooks and place them on the wood so you can mark the drill holes.

STEP THREE Drill the holes for the hooks into the wood, then screw the hooks in place. Now it's ready to hang. Old or painted hooks will work best for this look, or you could even use old doorknobs.

LIVING ROOM

Shelf life

Floating shelves display artworks and ornaments that Wendy has collected over time.



DETAIL

Plant presents

Succulent cuttings make beautiful alternatives to flowers. Wendy gives them to people as gifts.



HALLWAY

Hats off!

Bags and a beach hat are displayed on rustic coat hooks, from Rust in Avalon.



Clever use of space

A secondhand desk sits in an office nook underneath the stairwell. The chair is from Freedom. >

OFFICE NOOK



BEDROOM

Love hearts

A single heart garland hangs above the bed for a simple yet effective finishing touch.

GREAT IDEA
statement cushion

Go troppo

A beaded palm wall hanging is a fun addition to daughter Bethany's room.

BEDROOM

“Bethany’s room is lovely and sunny as it overlooks the garden. It has a very high ceiling and interesting roof line.”

BEDROOM



Surfing life

Wendy's son, Nelson, pays homage to his hero, surf champ Kelly Slater, in his room.

BEDROOM



Fab find

Wendy's bedside lamps were picked up from Typo, for about \$40 each.

“I tend to stick to good neutral basics in furniture (like clothes) and add more affordable accents, like new cushions, throws and baskets with plants, to liven up the house.”

In fact, Wendy is passionate about decorating with greenery and she particularly likes the combination of cane furniture and plants, which she saw in a Ralph Lauren British Colonial Style coffee table book. “I can do that style – just on a cheaper budget!” she jokes.

Other accessories that Wendy has introduced, such as botanical-print cushions, throws, timber bowls and baskets, candles and soaps, reinforce her chosen look.

The paintwork, in Dulux “Whisper White” on the walls plus Sapphire Stone on the deck and downstairs feature wall, is a great neutral base and works so well with the rustic interiors and >

BEDROOM

Teal touch

White walls and bedlinen are uplifted with cool blue and grey accents. The ampersand above the bed is from Typo.



WENDY'S COLOUR SCHEME

TAUPE

Haymes Interior Expressions paint in **Sand Storm**, \$69.95 for 4L.

WHITE

Dulux Wash & Wear paint in **Whisper White**, \$71.90 for 4L.

TEAL

Taubmans Easycoat paint in **Caruso**, \$82.90 for 4L.

TIP

Use large baskets to house interesting indoor pot plants.

LIVING ROOM

Go green

Fiddle leaf fig plants provide vibrant greenery in the downstairs living room. The hanging shells are another Avalon market find.

SEE WENDY'S PLACE

Use the free **viewa** app to scan this page to see a video of Wendy showing her breezy beachy home.





BATHROOM

Bali bathroom

Wendy was inspired by a villa she stayed at in Bali. Pebble tiles from Amber Tiles.



DETAIL

Nice idea

A simple bath caddy from Howards Storage World displays a candle, coral and soaps.



DETAIL

Stylish storage

Wendy uses a Balinese cabinet to store her photo albums in the downstairs living area.



VERANDAH

Quiet corner

Bethany enjoys one of the outdoor areas with the family's Jack Russell called Milo.

GO-TO STORES

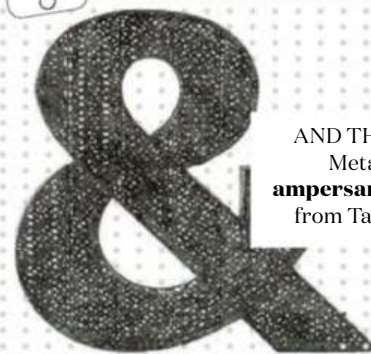
Wendy is a savvy shopper when it comes to homewares and furniture. She picks up items locally, at stores such as Rust and Beachwood in Avalon, which appeal to her beachy style, as well as affordable items from Ikea. She often spots pieces while holidaying on the South Coast.

"Indigo Love in Huskisson has stunning homewares, and Home At Last in Milton is the best store," says Wendy. "So many new ones have opened, I always find something to bring home." ■+



SHOP THE PAGE

Use the free **viewa** app to scan this page to buy some of these items straight away!



AND THEN?
Metal
ampersand, \$15,
from Target.



SIT ON IT
Holmsel **chair**
in Grey, \$69,
from Ikea.

**WENDY'S
BEST BUYS**



FEELING BLUE
Home Republic
"Arkana" **cushion**
in Teal, \$39.95,
from Adairs.



DISPLAY & STORE
Havana 2-drawer
side table in White,
\$39, from Kmart.

the open feel. Wendy has created a relaxed vibe that's perfectly at ease with this tranquil home on a hill that attracts a pleasant sea breeze.

"Our house is definitely more of a summer home," says Wendy. "We love to have the house completely open, flowing to the upstairs deck area or downstairs living area that opens onto the garden."

And with a layout like this, the house is perfect for entertaining. "We have friends over for drinks on weekend afternoons then, after deciding on food to order in, things usually end late."

EXPERT ADVICE

CURATED ECLECTIC

Stylist Jackie Brown teams up with **Super Amart** and shows us how to create a welcoming, eclectic-style dining room with plenty of casual flair



1. Napier buffet, \$999. 2. Napier dining table, \$999. 3. Saba table runner, \$29.95. 4. Argan small vase, \$49.95. 5. Fiddle Leaf tree (180cm), \$249. 6. Zola dining chair, \$69.95.

DEEP & DARK

Dulux Wash&Wear low-sheen paint in Integrity.

NATURAL TOUCH

Murobond Pure wall-flat paint in Bees Knees.

BACK TO BASICS

Taubmans Endure low-sheen paint in Steeple Grey.

FRESH & LUSH

Haymes Interior Expressions paint in Irish Green.



THE CURATED ECLECTIC look brings together a considered mix of styles, from modern and retro to rustic and tribal. Here, stylist Jackie has kept the colour palette simple using neutral, nature-inspired shades.

STEP ONE Jackie sets the theme for the style of this room with the Napier dining table. It has a classic look and a beautifully rustic timber finish that makes it the centre of attention and great to pair with modern chairs.

STEP TWO A practical piece that ties in with the dining table, the Napier buffet not only provides storage for tableware and linen, but also creates a place for

decorative elements and extra space for food and drinks. Jackie has created a lovely vignette with a collection of Argan vases and simple white candles.

STEP THREE The addition of the Zola dining chairs really pulls this look together. They have a clean, retro feel and interesting lines which contrast with the table, yet remain simple enough to work together. Get the Napier dining suite, with eight chairs, for under \$1300!

STEP FOUR Time to accessorise! Jackie has added a tribal touch with pieces such as the Saba table runner, and created a laid-back look with plants and foliage.

JACKIE'S TIPS

- Bring lots of greenery into the room – whether it's trees, plants, branches or flowers. I love the look of assorted green foliage.
- An oversized pendant over your table will create a striking focal point. I've used a very light, woven design that has a bit of a natural beachy look.
- If you have a narrow room, remember that horizontal panelling can make a space appear wider.



For more information or to shop online, visit superamart.com.au



UNITED ART WORKS



United Artworks

United Artworks collaborates extensively with designers, interior stylists and property owners seeking contemporary wall art solutions that are not only design driven, but easy on the budget too. www.unitedartworks.net

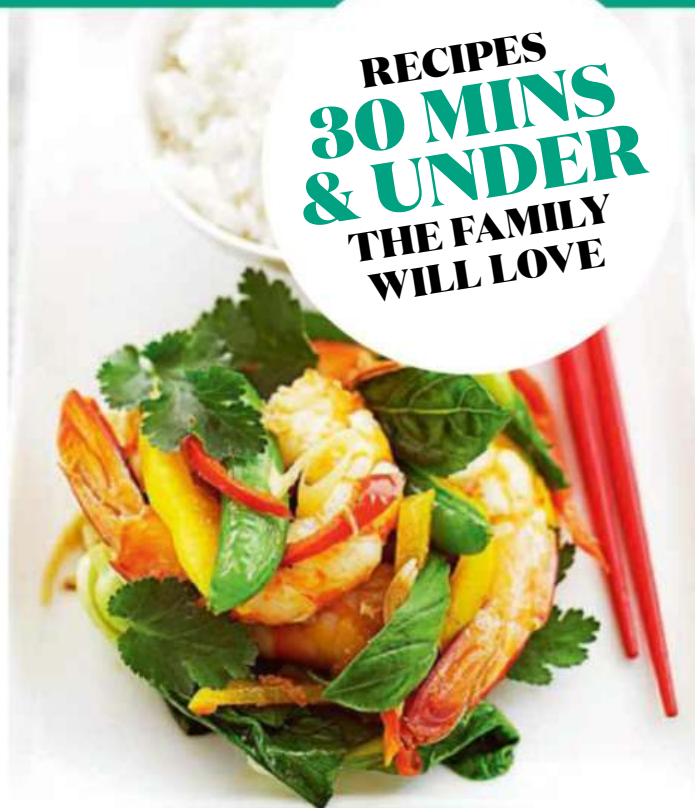
EASY FOOD

(QUICK MEALS FOR THE MONTH)



**EASY
RECIPES**

for snacks,
dinners and
dessert!



**RECIPES
30 MINS
& UNDER
THE FAMILY
WILL LOVE**



THIS MONTH MIDWEEK MEALS, PIZZAS AND STIR-FRIES, PLUS DELISH VANILLA SLICE



Get it right stir-fries

Learn to work a wok and master these **family faves**.



BEEF STIR-FRY

SERVES 4 **PREP** 15 MINUTES

COOK 10 MINUTES **\$3.65 PER SERVE**

- 2 tablespoons vegetable oil
- 2 tablespoons sesame oil
- 500g beef strips
- 2 brown onions, thinly sliced
- 2 garlic cloves, sliced
- 4cm piece ginger, finely chopped
- 2 small red chillies, sliced
- 2 red capsicum, seeds and membranes removed, thinly sliced
- 1 bunch broccolini, ends trimmed
- 1 x 425g can baby corn, drained, halved lengthwise
- 2 green onions (shallots), thinly sliced diagonally
- 300g mixed mushrooms, such as shiitake, oyster, swiss brown or button, sliced
- 2 tablespoons kecap manis (sweet soy sauce)
- 1 cup fresh coriander

STEP 1 Place a large wok over high heat until really hot. Add oils and let heat for a couple of seconds. Add beef and stir-fry for 2 minutes or until browned.

STEP 2 Add brown onion, garlic, ginger and chilli, and stir-fry for 2 minutes. Add capsicum, broccolini, corn and green onion. Cook, constantly stir-frying and shaking wok, for 4 minutes.

STEP 3 Add mushroom and kecap manis. Stir-fry for 2 minutes.

STEP 4 Stir through coriander and serve immediately.

TIPS Adding the oil to the wok once it's hot will reduce the amount of smoke in your kitchen. And always measure the sauces, and wash, peel and chop the vegies before you begin.



PRAWN STIR-FRY

SERVES 4 **PREP** 15 MINUTES

COOK 10 MINUTES **\$5.60 PER SERVE**

- 12 uncooked prawns, peeled, deveined, tails left intact
- 3 garlic cloves, finely chopped
- 2cm piece ginger, finely chopped
- 1 tablespoon sesame oil
- 2 tablespoons Chinese rice wine
- 1 tablespoon fish sauce
- 2 tablespoons vegetable oil
- 2 small red chillies, finely sliced
- 4 green onions (shallots), thinly sliced diagonally
- 2 bunches buk choy, washed, thick white bases removed
- 200g sugar snap peas
- 1 yellow capsicum, seeds and membranes removed, thinly sliced
- ¼ cup fresh coriander
- ¼ cup fresh basil
- Steamed jasmine rice, to serve

STEP 1 In a medium bowl, combine prawns, garlic, ginger, sesame oil, rice wine and fish sauce. Place in fridge and allow to marinate for 5 minutes.

STEP 2 Place a large wok over high heat until hot. Add vegetable oil and let it just begin to smoke. Add prawns and cook, tossing quickly, for 1 minute or until prawns are pink.

STEP 3 Add chilli, green onion, buk choy, sugar snap peas and capsicum. Stir-fry for 5 minutes or until vegetables are softened.

STEP 4 Toss through herbs and serve hot with steamed jasmine rice. ■■

STIR IT UP

Stir-fries are cooked so quickly and feature such a wide variety of fresh ingredients they're **healthy** as well as delicious. **Prep time** can be a family affair – it's a good way to get kids interested in food: ask them to scrub the vegies and sort them into colours, then let them serve themselves at the table. Stir-fries also **freeze and reheat well**, so if you're planning dinners ahead or saving money by taking a packed lunch to work, make extra and divide into portions for fast food that's cheaper and better for you than takeaway.

WEEKDAY COOKING

Have dinner on the table in **30 minutes or less** with these fast meals to please the whole family.



MONDAY

BAKED FISH PARCELS

SERVES 4 PREP 10 MINUTES COOK 15 MINUTES \$4.35 PER SERVE

20 thin asparagus spears, washed, woody ends snapped off, halved
 ½ cup extra virgin olive oil
 1 lemon, zest finely grated, plus 4 lemon slices
 Salt and pepper

4 x 170g boneless, skinless firm white fish fillets, such as red snapper or ling
 12 cherry or grape tomatoes, halved
 4 small dill sprigs
 1 tablespoon snipped chives
 ½ cup dry white wine

STEP 1 Preheat oven to 190°C/170°C fan forced. In a bowl, toss to combine asparagus, 1 tablespoon oil and lemon zest. Season with salt and pepper. Drizzle fish fillets with remaining oil, and season with salt and pepper.

STEP 2 Place four 30cm lengths of baking paper on a work surface. Layer ingredients between them, starting with asparagus and tomato, then fish, lemon slices and dill sprigs. Top with chives and white wine.

STEP 3 Bring two opposite sides of baking paper up to meet over fish, and fold down into two 1cm creases to create a seal. Fold side edges to seal.

STEP 4 Place parcels on a baking tray and bake for about 12 minutes or until parcel is a little puffed. Carefully place parcels on plates and let everyone open their own parcel. Be careful of the steam that will escape.

TUESDAY



LAMB KOFTA WITH RUSTIC TABOULI

SERVES 4 PREP 20 MINUTES COOK 10 MINUTES \$3.55 PER SERVE

Pita bread and tzatziki, to serve
TABOULI

1 cup burghul (cracked wheat)
 1 cup boiling water
 1 bunch flat-leaf parsley, chopped
 Handful of mint, roughly chopped
 200g punnet cherry tomatoes, quartered
 1 Lebanese cucumber, quartered, sliced
 3 green onions (shallots), sliced
 2 tablespoons lemon juice

2 tablespoons extra virgin olive oil
 Salt and pepper
KOFTA

600g lamb mince
 2 garlic cloves, finely chopped
 1 teaspoon cumin
 1½ teaspoon ground coriander
 1 tablespoon chopped mint
 2 green onions (shallots), sliced
 1 cup breadcrumbs
 ½ cup soda water
 1½ teaspoon salt
 ½ teaspoon pepper
 1½ tablespoons olive oil

STEP 1 TABOULI Combine burghul and boiling water. Cover with plastic wrap. Stand for 25 minutes. Meanwhile, in a separate bowl, toss to combine parsley, mint, tomato, cucumber, green onion, lemon juice, oil, salt and pepper; cover and refrigerate while making kofta.

STEP 2 KOFTA Combine mince, garlic, cumin, coriander, mint, green onion, breadcrumbs, soda water and salt and pepper. Roll into 12 patties.

STEP 3 Heat oil in a frying pan over medium-high heat. Cook kofta for 3 to 4 minutes each side or until cooked through.

STEP 4 Drain burghul and toss through salad. Serve with kofta, bread and tzatziki.

WEDNESDAY

25
MINSBRUSCHETTA
LINGUINE
WITH LEMON
CRUMBS

SERVES 4 PREP 15 MINUTES

COOK 10 MINUTES **\$2.60 PER SERVE**

500g linguine
Salt and pepper
2 tablespoons
lemon-infused
olive oil
1½ cups torn
crusty bread
1 garlic clove,
crushed

¼ cup extra virgin
olive oil
6 roma tomatoes,
finely diced
Handful of basil,
finely chopped
Finely grated
parmesan

STEP 1 Cook linguine in a saucepan of boiling salted water according to packet directions. Drain.

STEP 2 Meanwhile, heat lemon-infused olive oil in a frying pan over medium-high heat. Add torn bread to pan, stir to coat and cook for 7 minutes or until crisp and golden. Season with salt and pepper.

STEP 3 In a mixing bowl, toss to combine garlic, extra virgin olive oil, tomato and basil. Add linguine and toss well to combine. Season with salt and pepper.

STEP 4 Place pasta in serving bowls. Top with lemon crumbs and a sprinkling of parmesan. Serve.

THURSDAY

30
MINSCHOPPED
STEAK SALAD

SERVES 4 PREP 25 MINUTES

COOK 5 MINUTES **\$3.90 PER SERVE**

2 teaspoons olive oil
Salt and pepper
400g rump or
oyster blade
steak, trimmed
1 baby cos lettuce,
leaves separated
2 carrots, halved,
sliced
1 cucumber, halved,
sliced
4 baby beetroot,
scrubbed,
trimmed, shaved
1 broccoli head, cut
into small florets,
blanched

50g fetta, crumbled
Toasted bread,
to serve
DRESSING
2 tablespoons extra
virgin olive oil
1 tablespoon
balsamic vinegar
1 lemon, zest
grated, plus
1 tablespoon juice
1 tablespoon
chopped mint

STEP 1 Preheat a chargrill pan to high. Lightly oil and season steak. Cook for 2-3 minutes each side or until cooked to taste. Cover with foil; rest for 5 minutes.

STEP 2 In a large salad bowl, combine lettuce, carrot, cucumber, beetroot.

STEP 3 DRESSING In a small jug, whisk together all ingredients. Season to taste.

STEP 4 Toss half of dressing through salad. Thinly slice steak and scatter over salad with fetta. Drizzle with remaining dressing and serve with bread.

TIP Hard vegies, such as beetroot, broccoli, cauliflower and fennel, can be shaved and added to salads raw.

FRIDAY

30
MINSCHICKEN &
BROCCOLINI
FRIED RICE

SERVES 4 PREP 15 MINUTES

COOK 15 MINUTES **\$4.95 PER SERVE**

¼ cup peanut oil
2 eggs
1½ tablespoons
water
6 chicken thigh
fillets, quartered
3 garlic cloves,
crushed
1 tablespoon
freshly grated
ginger
4 green onions
(shallots), sliced,
plus 1 extra, sliced
diagonally into
fine strips

3 bacon rashers,
rind removed,
sliced
1 bunch broccolini,
ends trimmed,
sliced
5 cups cold cooked
long-grain rice
1 tablespoon oyster
sauce
1½ tablespoons
light soy sauce
2 cups bean sprouts

STEP 1 Place a large wok over high heat until hot. Add 1 tablespoon peanut oil. In a small bowl, whisk together eggs and water. Pour into hot wok and swirl around to edges to create a thin layer. Cook for 30 seconds or until just set. Remove egg from wok by rolling up from one side.

Place on a board and slice into thin strips.

STEP 2 In same wok, heat remaining oil. Cook chicken for 2 minutes. Add garlic, ginger, green onion and bacon, and cook for 3 minutes. Add broccolini; cook for a further 3 minutes.

STEP 3 Add rice and stir to coat. Add sauces and cook, stirring regularly, for 2 minutes. Stir through egg strips and most of bean sprouts.

STEP 4 Spoon fried rice into serving bowls and garnish with remaining bean sprouts and sliced green onion. ■

Friday food

pizzas

(UN)DELIVERED

Forget the takeaway menu. The best pizza is made at home – it's **easy to do** and tastes fantastic.

1.

THE SAUCE:

BASIC TOMATO SAUCE

120ml olive oil
1 garlic clove, finely chopped
1 teaspoon dried oregano
2 x 400g cans crushed tomatoes
Salt and pepper

STEP 1 Heat oil in a saucepan over medium heat. Add garlic and oregano. Cook, stirring, for 5 minutes.

STEP 2 Add crushed tomatoes; season with salt and pepper. Simmer, stirring occasionally, for 10 minutes.

Not much harder
than opening a can!

2. THE BASE:

Got a bit more time? Try making the dough for the pizza bases from scratch.

HOMEMADE PIZZA DOUGH

MAKES 2 X 20CM PIZZAS

PREP 2 HOURS **COOK** 20 MINUTES

¼ cup wholemeal plain flour

¼ cup lukewarm water

1½ teaspoon dried yeast

¼ cup virgin olive oil

½ teaspoon salt

1¼ cup plain flour

Tomato sauce (see recipe, left)

Toppings (see suggestions, right)

STEP 1 In a bowl, combine wholemeal flour, ¼ cup lukewarm water and yeast. Stand for 20 minutes in a warm place.

STEP 2 Add remaining water, oil, salt and plain flour and mix well. Knead dough for 10 minutes or until soft and moist.

STEP 3 Place in an oiled bowl, turning once. Cover and stand for 1½ hours or until doubled in size.

STEP 4 Preheat oven to 220°C/200°C fan-forced. Knead dough into a ball and cut in two. Roll dough to fit two floured 20cm pizza trays. Place on trays.

STEP 5 Cover each pizza with tomato sauce and add other toppings. Bake for 20 minutes or until base is crisp. ■

3. THE TOPPINGS:

Ready for something different? Try these.

2 MINS PLUS COOKING

KING PRAWN & FETTA

6 cooked, peeled king prawns, tails intact
8 fresh mint sprigs
½ cup marinated fetta, cubed
Salt and pepper

MOZZARELLA & ASPARAGUS

1 mozzarella ball, grated
4 asparagus spears, lightly steamed, sliced lengthwise
2 tablespoons basil pesto
Salt and pepper

PEPPERONI & OREGANO

8 slices pepperoni
½ cup grated cheddar
¼ cup black olives
2 tablespoons oregano leaves

Short on time?

Load the sauce and topping onto these ready-made bases.



Pre-made pizza dough

Lebanese bread

Turkish pide

Pre-made pizza dough with sauce

MAKE IT YOURSELF

STEP-BY-STEP SWEET VANILLA SLICE

Follow our **easy steps** to a baking treat
– it's easier than it looks!

MAKES 16 **PREP** 20 MINS **COOK** 20 MINS **\$0.60 PER SERVE**



Top it off

To add an extra layer of taste, you could top with passionfruit icing.



TIP

Line base and 2 sides using 1 strip of paper. Repeat with remaining 2 sides. These will act as levers when removing slice from pan.



2 sheets frozen puff pastry, thawed
1 cup caster sugar
½ cup cornflour
½ cup custard powder
3 cups milk
300ml tub thickened cream
60g butter, chopped
2 egg yolks
2 teaspoons vanilla bean paste
Icing sugar, for dusting

STEP 1 Preheat oven to very hot, 220°C. Lightly grease a 23cm-square cake pan. Line base and sides with baking paper, allowing paper to extend 2cm over the edge. Place each pastry sheet on a lined oven tray. Bake for 10-12 minutes, until puffed and golden. Cover with a teatowel and gently flatten pastry with hands (A).

STEP 2 Trim 1cm from 2 sides of each sheet of pastry so that it fits cake pan – use it as a guide (B).

STEP 3 Line base of pan with 1 sheet of pastry (C).

STEP 4 In a medium saucepan, combine sugar, cornflour and custard powder. Pour in a little combined milk and cream, stirring to a smooth paste. Gradually add remaining milk mixture, stirring until smooth (D). Cook, stirring, on low heat until boiling, then simmer for 3 minutes until very thick and smooth.

STEP 5 Remove from heat. Stir in butter. Beat in yolks and vanilla (E).

STEP 6 Pour custard into pan, smoothing surface (F). Top with remaining trimmed pastry sheet. Press down gently. Chill 1 hour.

STEP 7 Remove slice from pan. Dust liberally with icing sugar. Cut into squares to serve. Store in an airtight container. **H+**

AUSTRALIA'S FAVOURITE AIR*

FUJITSU



“MERCURY,
DOWN.”



FUJITSU

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BEFORE & AFTER RENOS

(READERS' EXPERIENCES, TIPS & BUDGETS)

White on light

To give the room a timeless elegance, the homeowner went with wide-board shutters custom-coloured in Dulux "White On White".

**A READER'S
TOP-TO-TOE
HOME
RENO!**



PLANNING A RENO?

Use the free **viewa** app to scan this page and get some great advice on how to financially manage a renovation.



Table double act

The homeowner loves Kmart for bargain homewares, including these tables that slide underneath each other, which were \$39. ➤

THIS MONTH THE MODERN MAKEOVER OF A RUN-DOWN (& GROTTY!) HOME

**SHOW US
YOUR RENO
& WIN \$10000**
see how on pg.111



after



before

Completely floored
The kitchen was redone with new cabinetry and appliances. Floating flooring was installed throughout the house.

Widened horizons

The handmade rattan lights were imported from Indonesia. Kath painted the house with Dulux "White On White", adding one wall of Dulux "Beige Royal Quarter" in the kitchen.

RENOVATE & DECORATE

ZERO TO HERO

This house was badly in need of repair and in a less than ideal location, but **working with the light** and **maximising space** made all the difference.

BEING LOCATED on the busiest road in Australia, this run-down property in northwest Sydney didn't have a lot going for it. But Kath Friedrich and her husband Chris had grand plans. "We were both drawn to the natural light," she recalls. "We could see our signature style in this property despite the state it was in."

It took nine months of full-time work for the couple to transform the Pennant Hills Road house, with the assistance of electricians and plumbers. They redid the kitchen and bathrooms, added floating flooring throughout the house, and built in two new bedrooms, two new verandahs and three new decks. "The undersized verandahs were a waste of space," Kath says. "We saw we could expand these to give more entertaining areas."

BREAKING RECORDS

The couple could not be more proud of their renovation. "Our vision of the property has come alive," Kath says. "It sold in three days, achieving a benchmark price for the road." **H+**

after

More oxygen

The poky, small triangular verandah was extended, tiled and a balustrade added.



before

Big task Before the couple could even begin work, they had to clear away the previous owners' possessions, as the house was a bank repossession.

after

Alfresco lounging

All of the outdoor furniture came from Masters Home Improvement.



BEFORE & AFTER



after

Room for two

The spacious ensuite now includes a double shower, double vanity and custom-made mirror.

Room for two

The ensuite renovation focused on maximising light and creating a look that would not date.



before



MEET KATH

About me I'm Kath Friedrich and I live with my husband Chris and daughter Madelaine, 20. We also have two cats, Moet and Lilly.

Top tip Be savvy with your purchases. Search out auction houses for your tiles and bathware.



before

Needing a refresh

Looking dated and tired, the house lacked roadside appeal.



after

Entrance excellence

Kath imported a container of items from Indonesia, such as the custom-made teak front door.



before

Hitting the heights

Although it appeared cramped, the living area had potential. "It had the height in ceiling we wanted," Kath says.

after

Cosy and chic

The leather couch is from King Living, and the cushions from Freedom, Kmart and Coco Republic.



BUDGET BREAKDOWN

- KITCHEN** Cabinetry, carpentry, lighting, appliances, paint and floating flooring **\$18,500**
- BATHROOM** Tiling, bath, vanity, shower and tapware **\$12,000**
- ENSUITE** Showers, vanity, shutters, tiling, ceiling and tapware **\$10,000**
- MASTER BEDROOM** Floating floor, wallpaper, paint and wardrobe **\$4000**
- DINING, LIVING & ENTRY AREA** **\$18,000**
- EXTERIOR, DRIVEWAY & ELECTRIC GATE** **\$10,000**
- LAUNDRY** Plumbing, tiling and cabinetry **\$6000**
- DEMOLITION** **\$20,000**
- SHUTTERS** **\$10,000**
- AIR CON** **\$5500**
- TOOLS** and extra products **\$5000**
- BACKYARD/DECKING** **\$5700**

Total \$124,700



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All you have to do is tell us your story and include before and after photos of your project. It's that easy!



HOW TO ENTER

GO TO Homestolove.com.au/competitions for all the details on how to enter and category requirements.

HOW TO TAKE GREAT PHOTOS

Put aside some time to **do a test shoot**. This will help you figure out the time of day that has the best lighting for your room. It may seem obvious, but for the "after" shots, make sure you clean up any clutter. Set your camera on the largest file size setting and **don't use a flash**. Take both vignettes (a nice arrangement) and full-room shots. Tweak the positioning of furniture and accessories, **take your time** and keep snapping until you've captured your space as you see it. Good luck!

THE JUDGING

homes+ editor-in-chief Deborah Bibby will judge the competition along with a panel of experts.

THE CATEGORIES

Get ready to show off – we want to see all your projects!



KITCHENS



BATHROOMS



LIVING AREAS



DINING AREAS



OUTDOOR SPACES



STORAGE SOLUTIONS

YOU COULD WIN AMAZING PRIZES!

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TERMS & CONDITIONS: The promotion commences at 10:00am (AEST) on 21 September 2015 and ends at 23:59pm (AEST) 24 January 2016. Entry is open to Homes+ magazine readers who are Australian residents aged 18 years and over, who have renovated or redecorated their home within the last 12 months. Renovation must be do it yourself "DIY" with limited professional help. Entrants are required to retain their purchase receipt or original copy of Homes+ magazine (during the promotional period) as proof of purchase. One entry per category per person. If the entrant is not the home owner of their premises, the entrant bears all responsibility for obtaining all approvals and permissions from the owner of the property. This is a game of skill, not a game of chance. For full terms and conditions go to Homestolove.com.au/homes-plus. See page 111 for Privacy Notice. If you do not want your information given to any organisation not associated with this promotion, please indicate this clearly on your entry. The Promoter is Bauer Media Pty Ltd (ABN 18 053 273 546).

STYLIST'S CHALLENGE

WIN A \$1000 MAKEOVER

Your interior needs some work but you don't know where to start? Enter **Super Stylist Imogene...**

EVERYONE DESERVES a well decorated space, even the younger members of the family. Harry's mum Janet got the colour scheme spot on in his bedroom, but the furniture and styling needed improvement to increase "playtime" potential. Luckily, stylist Imogene (pictured with Harry) was on hand to help.

The verdict

Seven-year-old Harry is thrilled with his new room! "I love my bunk bed because now I can have friends sleep over. The lightbox was a highlight, too, because he can change the letters around. H+



before

Average layout

The bed was positioned away from the wall, taking up play space on the floor.



MEET HARRY

Use the free **viewa** app to scan this page to see a video of Harry talking about his new room.

TEXT ELLE LOVELOCK PHOTOGRAPHY JAMES HENRY STYLING IMOGENE ROACHE

THE DECOR KIT: IMOGENE'S MAKEOVER MATHS



CANDY STRIPES
Alslev **rug** (80cm x 1.5m), \$19.99, from Ikea.



CROSSED OUT
Fynn single **quilt cover**, \$179, from Country Road.



FOR FUN, GO THIS WAY
Arrow **light**, \$12, from Kmart.



SWIVEL SEAT
Vågsberg/Sporren swivel **chair**, \$49.99, from Ikea.



OUTER SPACE
Explore **print**, \$14.95, from Cotton On Kids.



UP AND AT 'EM
Kidz double **bunk**, \$174, from Super Amart.



CUSHY IDEA
Dream Big **cushion**, \$10, from Kmart.



NICE & TIDY
Rectangled **box**, \$15, from Cotton On Kids.



SEEING RED
Homemaker Hudson **cushion**, \$5, from Kmart.



MY HOUSE
Legendary House **shelf**, \$10, from Cotton On Kids.



BIG BLUE
Essentials Kids **pillowcase**, \$3, from Target.



BARGAIN BUY
2 x Jömma single **mattresses**, \$69, from Ikea.



FAMILY-FRIENDLY PRIZES TO BE WON

Check out our November giveaways on pg 109 and enter to win!

after

Up high

The bunk bed pushed against the wall creates the perfect space for playing in. And friends can sleep over, too!

BEFORE & AFTER

after

Study nook

A box corrals trophies on the desk by the window.
















after

Toy tidy

A basket and shelves mean toys are tidy but easily accessible.



						
SUPER SHEETS Single bed sheet set , \$22, from Kmart.	BED COVER Indira bedspread , \$29.99, from Ikea.	STORAGE STEPS Children's 6-cube storage unit , \$25, from Kmart.	LEGO HEAD Lego "Sort N Store" Head sorter , \$10, from Target.	GEO PRINT Triangle print cushion , \$15, from Target.	TASK LIGHT Washington 2-in-1 metal desk lamp , \$40, from Target.	SPELL IT OUT IN LIGHT Light box , \$19, from Kmart.
						total makeover cost: \$981.80
ADD WARMTH 2 x Essentials single quilts , \$15, from Target.	FOR ART Strömby frame in Silver, \$14.99, from Ikea.	TOP TRIANGLES Arin single quilt cover , \$89.95, from Domayne.	BOX OUT I'm Bigger Than You box , \$29.95, from Cotton On Kids.	FOXY FRIEND Toy storage hamper , \$10, from Kmart.	IN THE FRAME Strömby frame (40cm x 50cm), \$14.99, from Ikea.	

BEST BUYS

BEAUT BEDS

Everyone needs a good night's sleep, and there's an **ensemble and frame** here to suit all tastes and budgets.

QUEEN ENSEMBLES

\$

\$\$\$



FIRM FAVOURITE
Buckingham **queen** extra-firm Sealy Posturepedic Aspire **mattress**, \$2099, and Posturepremier **base**, \$600, from Freedom. Wool-blend, heat-manage fabric for comfort.



BACK TO SLEEP
King Koil Spinecare Plus Medium **queen ensemble**, \$1709, from Forty Winks. Memory foam and a three-zone contour system mean great comfort and support.



SWEET DREAMS
Activcor Believe **queen ensemble**, \$6499, from Domayne. A high-quality combination of latex, foam and fabric for a good night's sleep.

BED FRAMES

\$

\$\$\$



CLASSIC GOOD LOOKS
Willow **double bed** in Aqua, \$229, from Fantastic Furniture. Change up the linen and accessories for a retro or contemporary look.



TIMBER SLUMBER
Bateau Blackwood **queen bed**, \$699, from Zanui. A stylish timber frame with sculptural bedhead for a contemporary bedroom look.



SIMPLY STYLISH
Helsinki **queen bed** in Arena Cement, \$799, from Freedom. A minimalist upholstered frame on stainless steel legs..

KIDS' BEDS

\$



GO SHORTY
Cubby Twin **bunk**, \$499, from Fantastic furniture. At 1.2 metres tall, this compact bunk is great for small rooms.



GOOD MORNING, SUNSHINE
Sunday **single bedframe** in Sunshine Yellow, \$499, from Domayne. A bright and cheerful model.



HIDDEN EXTRA
Flynnstone **king single bed** (trundle) in Felt Grey, \$849, from Freedom. Fully upholstered for a cosy look.

SINGLE ENSEMBLES

\$



EASY SLEEPER
Sleepmaker Nighty Night **single ensemble**, \$599, from Sleeping Giant. Ultrafresh protection that's suited to sleepers with allergies and asthma.



GOING THE DISTANCE
Sealy Posturepedic Baxter **single ensemble**, from \$799, from Harvey Norman. Supports and stabilises your body and is made to last.

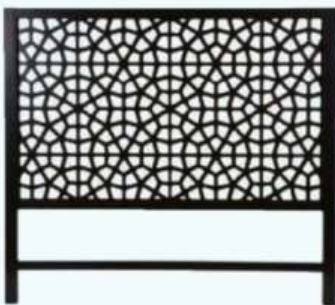


JUST BREATHE
Sleepmaker Marbella Plush **single ensemble**, \$1539, from Harvey Norman. Features allergy control technology and a breathable sleep surface.

\$\$\$

BEDHEADS

\$



DELICATE DESIGN
Marrakesh black **queen bedhead**, \$349, from Zanui. An intricate webbed lattice design made from sturdy pine.



ON BOARD
Bekkestua **queen headboard**, \$400, from Ikea. A soft place to lean against when watching television or reading in bed.



ROMANTIC IDEA
Capulet **queen bedhead** in Slate, \$499, from Freedom. A classic upholstered style, trimmed with brass-toned studs.

\$\$\$

\$\$\$



TWO-IN-ONE
Saturn **single bunk** in Oak, \$899, from Forty Winks. A low-rise loft-style bed. You can use the lower space as a play area.



TAKE TWO
StoraBed **king single and trundle bed** with castors in Natural, \$999, from Freedom. A space-saving sleepover solution.



ON THE DOUBLE
My Place single **bunk** in Mint, \$1099, from Domayne. Timber melamine frame and available in a variety of colours. **H+**

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M Y BACKYARD

(GET BACK TO NATURE)

**BACKYARD
DECOR &
GROW YOUR
OWN!**

Wild weather

Hardy plants will withstand windy balcony conditions.

Bench mark

Built-in seating defines zones and saves on space.

Over easy

Install decking over pavers for a fresh look on the balcony. ▶

THIS MONTH AN URBAN BALCONY, BARBECUE HERBS & VEGIE PLANNER

SHOW US
YOUR YARD
& WIN \$10000
see how on pg.111



MEET SAM

Sam Snaith Sam is the head designer at Harrison's Landscaping. When he's not designing gardens he's surfing somewhere on Sydney's Northern Beaches, spending time with his family or doing DIY work on his new home.

WORKING WITH A BLANK CANVAS

is an enticing proposition for any landscape gardener, but when the unique challenges of working on a high-rise balcony are added to the mix, that project has less freedom than first thought.

But landscape gardener Sam Snaith saw opportunities rather than obstacles, and set about creating a space for the residents that was user-friendly but low-maintenance.

"The brief from the client was to create a lush, stylish entertaining space with both dining and lounging areas," Sam says. "The vast amounts of plain concrete and boring floor tiles had to be softened and made more inviting."

FORCE OF NATURE

The major challenge in renovating this northeast-facing balcony was the elements, a factor that determined material and plant selection. >

MY BACKYARD BALCONY STYLE

URBAN SANCTUARY

A windy balcony was underused until it got a new lease of life as a **tranquil outdoor space**.

Bright outlook

The large wrap-around balcony overlooks Randwick Racecourse.

Material world

Because the balcony was so stark, Sam used Australian hardwood timbers and sandstone.



Calm colour

Bright cushions bring in pops of colour without affecting the calm energy of the space.



Good growing

Because of the wind factor, durable plants were favoured.



**GREAT
IDEA**
defined
zones

"The conditions up on the balcony were often completely different to those on the ground floor – it was often windier, drier and hotter," Sam says. "For this reason we chose plants that would thrive in harsh conditions and handle a bit of neglect."

THE HIGH LIFE

The nature of the apartment block itself also created difficulties – and meant the project took almost three weeks to complete.

"We had to pre-cut any lengths of timber so they would fit in the lift," Sam recalls. "We had two guys going up and down the lift carting materials for three days just to get everything up there. And like all balcony gardens, we couldn't penetrate the floors or wall due to strata conditions, so we had to come up with some creative solutions for the bench seats and decking."

SOCIAL STYLE

The clients are thrilled with their garden and it's the perfect catalyst for their favourite pastime – entertaining. The genius of this garden is in the way it seamlessly blends a sense of the urban and an inherent tranquillity.

"We worked hard to create an atmosphere that enticed you outside from inside the home," says Sam. "Even though you look out towards the city, it's a very relaxing place to be." ■



The entertainers

The cushions are from Design Hunter and the table and chairs are from Made By Tait.

the details



Opposites attract

Sam loves the contrast between the bench seats and the balcony itself.



Clean and simple

For balconies, Sam recommends opting for a neutral colour palette.



Water plant

This plant is called Silver Falls and the pot is from The Balcony Garden.



MAKE IT YOURSELF

BBQ HERBS

Give your kebabs, steaks and seafood an **herbaceous boost**.

BEGIN WITH HERB SEEDLINGS; POTTING MIX; GLAZED POTS WITH DRAINAGE; HAND SHOVEL; WATERING CAN OR HOSE

IT'S THE TIME of year for firing up the barbie – and not just when guests come over. Modern barbecues make everyday quick grills and stir-fries easy to manage. And you need fresh herbs! Herbs for barbecues can be divided into three main groups – those that are great for marinades (try mixing chopped oregano, sage, winter savoury and thyme with lemon juice and olive oil); plants you can use as skewers (rosemary for lamb, lemon verbena for seafood, lavender for chicken); and those that make great wraps (sorrel leaves work really well with fish). Most herbs like sun, particularly thyme, rosemary, sage and lavender. Oregano and winter savoury will cope with partial shade, while sorrel will take full shade. All grow well in pots or the ground as long as they are well drained.

STEP 1 Ensure your pot is glazed so it retains water (if not, you can do it yourself with a sealant, which is available at hardware stores) and has drainage holes in the bottom. Place a small amount of potting mix in the base of the pot.

STEP 2 Upturn your herb and tap the sides of the container or squeeze until the plant comes out easily. If the roots are compacted, gently loosen the root ball with your fingers.

STEP 3 Position your herb plant in the centre of the pot and backfill with more potting mix. Press down firmly so there are no air pockets and water thoroughly.

STEP 4 Position your herbs handy to the barbecue (or kitchen). And use them frequently – the more you pick, the bushier and healthier your plants will grow. ■



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WEEK 1

CONTROLLING LAWN GRUBS

In large numbers, curl grubs can be devastating to your lawn. They eat away at your lawn's root system and cause brown and bare patches to show up throughout your lawn. To eradicate them, **try laying a large piece of wet hessian over small lawns overnight** and the grubs should come to the surface and attach themselves to it, making for easy removal early the next morning. Or simply soak your lawn with a formulated product to control lawn grubs, such as neem oil.

WEEK 2

SMOTHER SUMMER WEEDS

If your garden beds have been taken over by newly sprouted weeds, it's not always necessary to use weed spray or spend hours laboriously pulling them out by hand. If you catch your weed infestation before they start to seed, **there is a far less time-consuming way to eradicate them.** I recommend that you smother them with a thick layer (around 40-50mm) of mulch.

WEEK 3

HEDGES, ROSES AND LAVENDER

November is **a great month to maintain hedges, roses and lavender** by pruning back spring growth and flower heads. This will encourage further flower blooms and fresh growth, and ensures that not too much older, woody growth develops on the plants.

WEEK 4

POT SOME HERBS

By potting some herbs now, **they will have time to establish into their pots by Christmas.** This way they can be picked fresh to garnish plates on your family's Christmas lunch table, or simply used for decoration or even gifts.

GARDEN PLANNER

WHAT TO DO IN THE GARDEN THIS MONTH

Gardening expert **Dale Vine** talks garden necessities for the **month of November.**

Time to dig in

It's all about mulch this month.



What to plant:

November is a great time to prepare your garden for the upcoming summer months. As it's the last month of spring, now is the time to **liquid feed both lawns and gardens and add wetting agents or aerate the soil with a garden fork.** This will help absorb water and direct it to the roots.

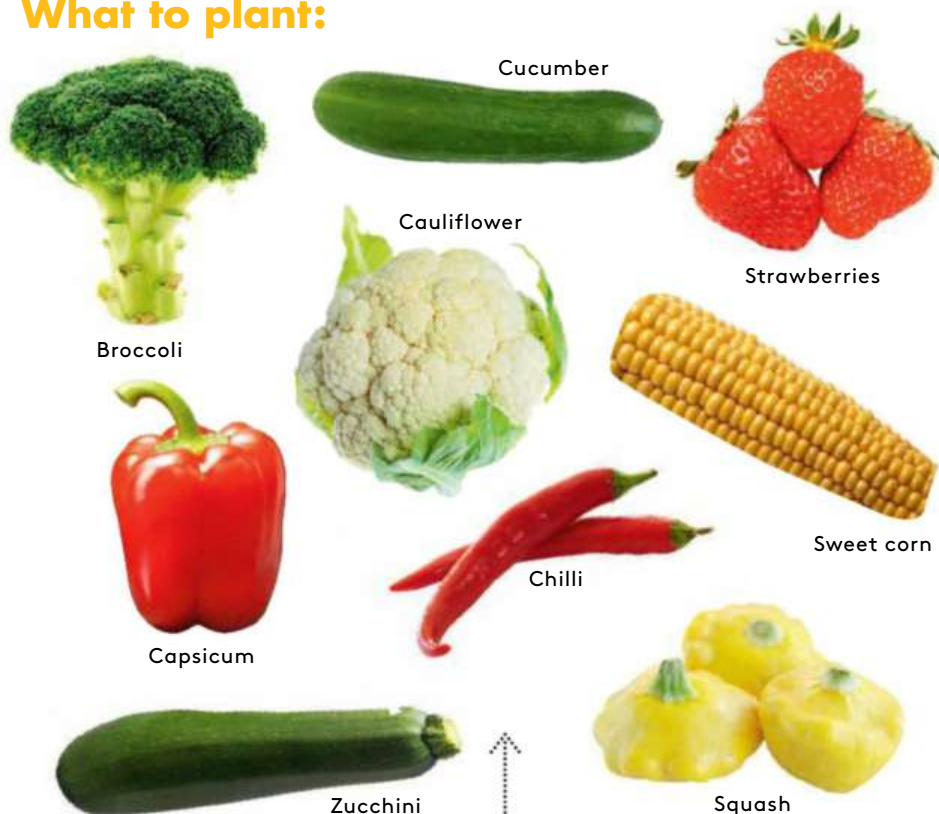
A further method to deter water runoff and evaporation is to mulch any beds that haven't already been topped up. These methods will benefit gardens no matter where you live – including tropical regions of Australia that will receive high summer rains and temperate regions that will expect dry conditions.

VEGIE PLANNER

WHAT TO DO IN THE VEGIE PATCH THIS MONTH

Plant and harvest your vegies, attract some pollinators and set shade structures.

What to plant:



Vegie love
The humble cauli is a spring favourite.

I have a nine-month-old son who now has four teeth, so **corn on the cob has become the new favourite food** in our household. I'll be planting up a vegie bed of corn this month so we all have plenty to chew through.

Harvest now

Asparagus, broad beans, broccoli, carrot, cauliflower, celery, lettuce, peas, silverbeet, spinach and spring onions can all be planted now.

Cauliflower is one of my favourite vegies. My favourite way to enjoy it is to steam fresh cauliflower and spuds, mash them together with some butter then fry them up as little hash browns for a treat for any time of the day.

WEEK 1

ATTRACTING POLLINATORS

Co-planting your vegies with flowering plants is a good practice. It not only adds some colour to your vegie patch, but **the flowers will attract beneficial insects** that will help pollinate your vegies. Petunias, snapdragons, marigolds and chamomile are all good companion plants.

WEEK 2

SOWING A GREEN MULCH CROP

If you want to be as sustainable as possible with your vegie patch, you could **plant up a green mulch crop**. These fast-growing crops, including buckwheat, cowpea, lablab, soybean and mung bean, are grown for the purpose of slashing or digging in just as they begin to flower and before they seed. This acts as a nitrogen-rich mulch that builds organic matter and improves soil structure for future crops. (Allow eight weeks to grow and six weeks to decompose.)

WEEK 3

SIMPLE SHADE STRUCTURES

With hotter days and harsher sun on its way, November is a great time to knock up some simple shade structures to temporarily **protect your sensitive plants**. To make an easy one, use a length of shade cloth stapled or screwed to a piece of timber at each end, so one end can be fixed to a fence and the other can be rolled out to sit on some stakes either side of your plant, or rolled back in to store against the fence.

WEEK 4

CHECK FRUIT TREE GRAFTS

This is a good time to have a look at the grafted areas of your fruit trees. If there are new shoots growing from underneath the graft scar, cut them off, as these are from the rootstock and **you don't want the rootstock tree taking over** your precious fruit-growing grafts. **H+**

NEED A REALITY health CHECK?

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HOW DOES IT WORK?

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STEP TWO: Answer a series of health and lifestyle questions to determine your unique health score. You can even compare your score with others in your age range.

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of women don't get enough exercise**

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FEEL SUPPORTED: Never face the supermarket aisles or meal times alone again – the Meal Planner offers well balanced recipes, then helps you create healthy shopping lists.

STAY FOCUSED: Noticing big and small improvements to your health is the best motivator, so keep up to date with your transformation with the help of the Health Tracker.

GET ACTIVE ACTIVITY PLANNER

CUSTOMISE: The Priceline Pharmacy Activity Planner offers a simple, bespoke experience that begins by taking your age and any health restrictions into account.

SET GOALS: We know that the best way to help you achieve your fitness goals is by assisting you to stay focused. That's why the Activity Planner is with you every step of the way.

Over **32,000** women completed the Health Tracker with an average health score of 68/100 nationally**



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DIY PROJECTS



THIS MONTH HEALTHY EATING HABITS, FAMILY CRUISES, EXPERTS' ADVICE, DIY

TOP CRUISES

CRUISE CONTROL

For maximum fun and minimum stress, **take the family on a cruise.**



WATCHING THE SUNSET as you sail the high seas, a cocktail in your hand and the kids happily playing in entertainment programs... it's a dream holiday. It's an affordable dream, too – cruises cover accommodation, meals, 24-hour room service and kids' activities, so can work out much cheaper than a family holiday you would organise.

We've picked some cruises that won't put the family budget under water.



Celebration mode
With room for 2020 passengers, the *Pacific Dawn* is all about fun.



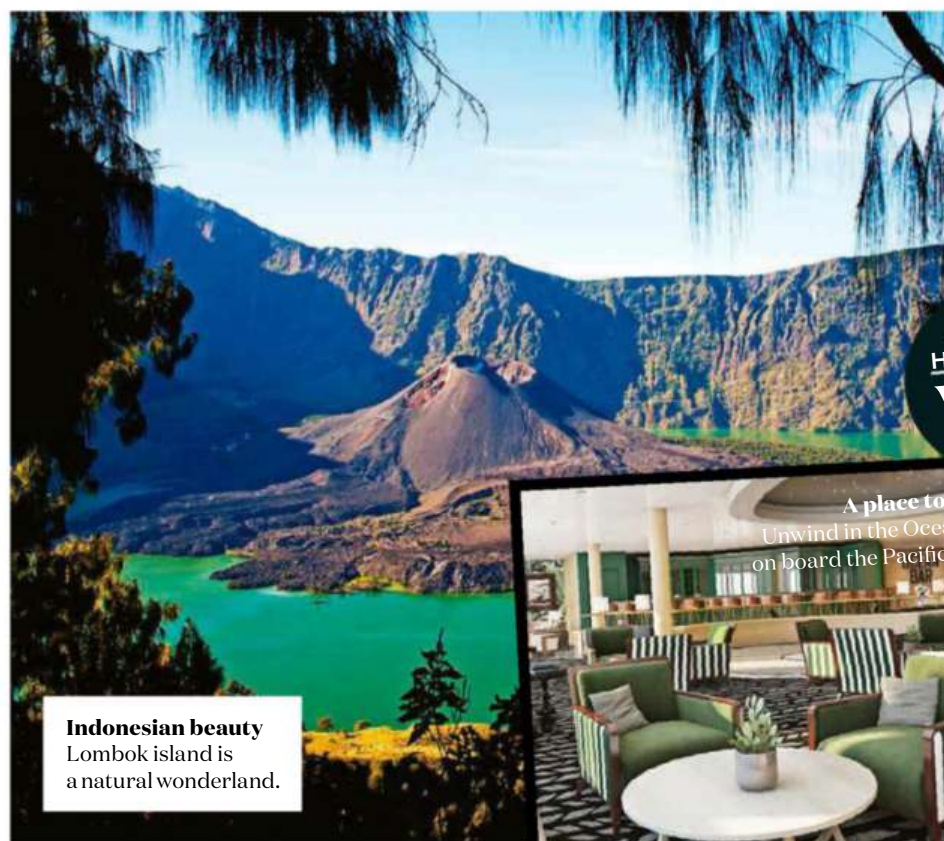
YOU'LL
HOP ON IN
QLD

The World Heritage-listed Great Barrier Reef is in danger of disappearing, so it's something every Australian must make a point of seeing. The seven-night Barrier Reef Discovery cruise is a great way to get there. Board the *Pacific Dawn* from Brisbane and you'll visit the Whitsundays, Cairns, Port Douglas and Willis Island.

DATE: March 26, 2016

PRICE: From \$897 per person (\$3589 for family of four)

MORE INFORMATION: Call 13 24 94 or visit Pocruises.com.au



Indonesian beauty
Lombok island is a natural wonderland.

YOU'LL
HOP ON IN
WA

There's more to Indonesia than just Bali, and this 12-night cruise onboard *Pacific Eden*, departing from Fremantle, allows you encounters with five destinations in this Asian archipelago: Lombok, Makassar, Probolinggo, Bali and Komodo (the natural habitat of the impressively large lizard the Komodo dragon).

DATE: May 2, 2016

PRICE: From \$877 per person (\$3509 for family of four)

MORE INFORMATION: Call 13 24 94 or visit Pocruises.com.au



A place to relax
Unwind in the Ocean Bar on board the *Pacific Eden*.

TEXT: TRUDIE MCCONNOCHIE PHOTOGRAPHY: ALAMY.COM **NOTE:** ALL PRICES ARE BASED ON A QUAD SHARE CABIN FOR TWO ADULTS AND TWO CHILDREN UNDER THE AGE OF 12. PRICES ARE CORRECT AT THE TIME OF PRINT AND SUBJECT TO AVAILABILITY; SOME CONDITIONS APPLY.

**YOU'LL
HOP ON IN
VIC**

The best way to experience an island is by sea, so why not board this four-night cruise from Melbourne onboard

the *Golden Princess* to take in beautiful Tasmania? Stopping in Port Arthur and overnight in Hobart, there's plenty for the family to explore on land and off.

DATE: March 31, 2017

PRICE: From \$674 per person (\$2696 for family of four)

MORE INFORMATION: Call 13 24 88 or visit Princess.com

All together
Spend quality time with the family.



Island idyll
The Isle of Pines looks like a postcard.



**YOU'LL
HOP ON IN
NSW**

NEW CALEDONIA

Sail away from your worries and board this eight-night New Caledonia cruise from Sydney. It includes four full days at sea to enjoy the *Carnival Legend's* entertainment options, plus a day to explore each of these tropical destinations: Noumea, Mare and Isle of Pines. Bliss!

DATE: March 7, 2016

PRICE: From \$880 per person (\$3520 for family of four)

MORE INFORMATION: Call 13 31 94 or visit Carnival.com.au

Relaxation zone

The *Pacific Eden* is like a floating resort.



**YOU'LL
HOP ON IN
SA**

The southern coast of Australia is a paradise of natural wonders, and this six-night cruise on the *Pacific Eden* from Adelaide, which takes in Kangaroo Island, Esperance and Fremantle, is an exciting way to see it. You'll feel like you're seeing this landscape as the early settlers did, and you might even run out of photo storage on your phone.

DATE: April 8, 2016

PRICE: From \$649 per person (\$2599 for family of four)

MORE INFORMATION: Call 13 24 94 or visit Pocruises.com.au

Splish splash
The kids will love the water parks!



PLUS TRAVEL



Special occasion
Dine in style at the Chef's Table on the *Pacific Eden*.

Tips for first-time cruising

- ✦ The chances of suffering seasickness are low, as the ships are designed to minimise motion. However if you are worried, pack medication and choose a cabin in the middle of the ship.
- ✦ Many cruises have a dining dress code, so make sure you check the information provided by your cruise line when you book.
- ✦ Choose a cabin based on the cruise itinerary. If there are lots of 'at sea' days, it may be worth investing in a more spacious cabin. However if the trip consists of mostly port days, you'll spend very little time in your cabin so space may not be a concern.
- ✦ It's best to go with one of the cruise line's organised day trips during port visits. This removes the stress of finding your way around an unfamiliar city and it means you won't miss the boat at the end of the day.
- ✦ For heavily discounted last-minute cruise deals, visit Vacationstogo.com

NEW ZEALAND

See picturesque New Zealand over 12 nights on the *Diamond Princess*. Stopping at six destinations that showcase the diverse Kiwi landscape – including the dramatic Fiordland National Park, urban Auckland and the charming French settlement of Akaroa – it'll be a holiday to remember.

DATE: January 23, 2016

PRICE: From \$999 per person (\$3999 for family of four)

MORE INFORMATION: Call 13 24 88 or visit Princess.com



Last-minute options
Nutritionally poor food choices often result from lack of planning.

NUTRITION TIPS

MEAL PLAN OF ATTACK

Planning your meals in advance will improve your health as well as **save you time and money.**

HOW MANY TIMES a week do you pop into the supermarket? Once, twice, three times, four times? A quick vox pop around the office found that most people shop for food two to three times per week. By the time you drive to the store, park, walk up and down the aisles and head home again, at least 30 minutes has gone... that's at least an hour a week that could be better spent doing something else, such as going to the gym!

Dietitian Melanie McGrice has collaborated with Priceline Pharmacy as part of the Beauty of Health campaign which is a month-long focus on health for October. She helped create a free online meal planner*, which you can customise according to family size and any food allergies, and includes a shopping list. Melanie shares her tips on why and how planning your meals in advance will improve your health as well as your hip pocket.

Cooking for:

ONE

THINK ABOUT...

Working, studying and/or travelling, this is the time where you learn the way of the world. It also means that you need to forage for yourself, and cooking for one can be a challenge.

BE AWARE OF...

It can be hard to plan your routine with the endless stream of invites to eat out. Socialising is an important part of life but try to plan ahead around your commitments. And remember toast or dry biscuits do not constitute dinner. Make sure that you are having some lean protein and vegetables daily.

MAKE SURE YOU...

Have a few handy recipes that you can cook in bulk, and freeze portions. It's a huge time-saver and will avoid food waste. Needless to say it'll also save you money as you won't be buying dinner every other night due to lack of preparation. Great options include casseroles, lasagnes and tuna mornay, and why not try mixed bean enchiladas as well?

TIP

ORGANISE A GROUP OF FRIENDS TO PROVIDE A ROTATING COOKING GROUP, WHERE YOU TAKE TURNS TO COOK FOR EVERYONE ONCE A WEEK.



TIP

WHEN WEANING LITTLE ONES, DON'T GIVE UP WHEN THEY SPIT OUT FOOD OR TURN AWAY. RESEARCH SHOWS THEY NEED TO BE EXPOSED TO A NEW FOOD UP TO 16 TIMES¹.



Cooking for: A YOUNG FAMILY

THINK ABOUT...

Ask any mum with little ones how she is and the answer will be: "Tired." Sleepless nights and running after little ones all day mean that decisions about what to have for dinner can sometimes be the last straw.

BE AWARE OF...

Just eating your children's food! Many parents snack on their kids' leftovers to satisfy a rumbling tummy. Try to find a time in the day when your energy levels are a little higher than usual and use this time to plan your meals for the week. You'll feel a lot more energetic if you are eating well.

MAKE SURE YOU...

Delegate. When people offer to help, take them up on it! Rather than struggling through and doing everything yourself, ask them to drop off a homemade casserole that you can pop in the freezer or to help you out with your grocery shopping.

Cooking for: GROWING KIDS

THINK ABOUT...

Don't know who's going to even be home for dinner tonight? Having a family is a great time of life filled with cherished company, but also can mean that your time is stretched to breaking point between home, work, school pick-ups, dance/music/sport lessons and catching up with family and friends on the weekends.

Planning ahead can save you pulling your hair out when you get bombarded with questions of: "What's for dinner?"

MAKE SURE YOU...

Plan for budget-friendly family meals during the week as your time is precious. Time

permitting, let your kids have a say in planning the weekend meals and they may also be more inclined to come into the kitchen and help you make it!

BE AWARE OF...

When members of your family have differing taste preferences (typically a mortal fear of green food), it can be easy to give in and cook meals with "optional vegetables" to please everyone.

By balancing your family meals with lean protein, low GI carbohydrates and lots of low-starch vegies, you are looking after your health as well as modelling healthy eating behaviours.

TIP

TRY YOUR HAND AT DIFFERENT CUISINES SUCH AS ADDING POMEGRANATE SEEDS, LEMON, YOGHURT AND PAPRIKA FOR A MOROCCAN TASTE.

Cooking for: TWO

THINK ABOUT...

So the kids have moved out and it's back to being just the two of you. You may also be considering or facing the reality of a lot more time on your hands with retirement – catching up with friends, going for a hit of golf or looking after the vegie patch, or the grandkids may fill your days with all this time that you thought you'd have!

MAKE SURE YOU...

Try not to nibble on poor-quality snacks such as chips and lollies throughout the day. Instead, plan to have smaller but still nutritious meals to match your appetite and activity levels. Things to try include nourishing foods such as smoothies, omelettes or even a can of baked beans on toast!

BE AWARE OF...

As an experienced cook it may come as no surprise that you have developed a bit of a habit

of cooking large family-sized meals which are way too much for two.

Also, be mindful that as we age it is common for our appetite to change. You may notice that you prefer smaller, more regular meals rather than three large meals. ■

TIP

WHEN GROCERY SHOPPING, ORDER MEATS AT THE DELI IN YOUR REQUIRED PORTION SIZES, INSTEAD OF PACKAGED PORTIONS. THIS MEANS LESS FOOD WASTE.



HOW TO: CLASSIC STYLE



ABOUT JAMES

James Treble is a qualified colour consultant/interior designer, with over 20 years' experience within the building and design industries.

DECOR SOLUTIONS

WITH JAMES TREBLE



Like the look of **classic styling**? See how it can work in your home with **James's** handy guide.

CLASSIC INTERIOR DESIGN can also be called timeless, and some may call it traditional. The name is derived from the classic rules of style and architecture perfected by the Romans and Greeks. The look is structured and balanced, rich in accessories, texture and finishes.

But don't be put off! There are modern takes on this look that make it perfect for a comfortable and inviting home. As the name suggests, the look is classic and so it sits well in most interiors, allowing for a look that dates well and can easily evolve as you and your family do the same!

GET THE LOOK

The key to a classic interior is **symmetry and order**, with furniture placement and styling usually working around a key focal point, like a fireplace. This **structure creates balance** and a sense of calm and order. But this doesn't mean you can't have the latest in trends for colours and pattern to achieve a classic interior. This is known as modern classic!

Start by looking at the bare bones of your home. The trick is to **have a focal point** – maybe you can work off that large bay window or set of French doors. If you don't have one, you can just as easily **find the centre line of the room**, and use that as your starting point.

To work out how to arrange your furniture, think symmetry. Try to create mirror images, such as **identical sofas facing each other** with a coffee table between, or maybe mix it up with one long sofa and two single armchairs opposite, as this still creates symmetry. Work your way around the room, addressing the large pieces of furniture first, then consider where your artwork and accessories will go – again, **matching pairs usually work best**.

COLOUR

As the classic look has a traditional element, a colour palette from nature is a favourite. Look to **yellow, blues, greens and browns** in soft tones, rather than bold colour. You can work



IN THE DETAIL
Rowling **armchair**,
\$699, from
Dare Gallery.

TIMELESS
STYLE
Slipper **chair**,
\$449, from
Freedom.

in emeralds, plums and strong patterns, by following the rules of placement.

Off-white is a more traditional choice, but using crisp white for trims and detailing can give a fresh, updated take on the classic style.

Try this: choose two armchairs in the same colour and find **cushions in the same fabric or colourway**, then place them on a lighter, neutral sofa opposite. **Structure and layers are important**; the structure or placement of items is the "glue" to make the look work, and repeating the colour palette throughout the room creates harmony.

Mirror, mirror

Symmetry is key to this look, in furnishings, art and accessories.

**Focus here**

Arrange the room around a feature, like the fireplace.

“There are simple rules you can adapt for your own modern take on the classic look.”



SEEKING STRIPES
Bamford **cushion**,
\$34.95, from
Freedom.

SOFT TOUCH
Daisy **cushion**,
\$44.95, from
Rapee.

FURNITURE

Placement is the major key to this look, and once you understand this quite simple way of arranging furniture, you'll be able to easily recognise the look in magazines and movies, and adapt the look for your own home.

Classic style includes well-made furniture with detailing like **inlay and carved or turned legs**, as well as pieces with ornate detailing, sometimes with a floral or fauna influence. Fabrics that have **texture and subtle patterns**, and stripes mixed with block colours, are popular choices. You can achieve a classic look by mixing in straight-lined pieces with more traditional items to create a fusion, which works by following the principles of placement.

Matching pieces placed opposite each other or side by side creates symmetry, but you don't need to be so literal. As I said, **two armchairs can mirror one larger sofa placed opposite**. Two coffee tables side by side can act as one large piece. Try placing two dining chairs in the corners of a room, mirroring each other. It's this balanced order that creates harmony and the classic feel.

DECORATING AND STYLING

The **placement of accessories** is just as important in achieving a cohesive feel. Try **one large artwork** centred above a sideboard, then place **two matching table lamps on either side**. Hang art of the same size or colour on either side of a doorway, or use **four to six smaller works in a simple grid** to replicate the dimensions of a larger work on the opposite or adjacent wall.

For cushions, it's important to match both colour and placement. Set them one in front of the other for a formal feel, or angle them into the corners of the sofa and **replicate the colours and patterns** on the other end. Perhaps mirror the layout on the sofa opposite.

To make it easier, use items in sets or pairs. As you get more adventurous, start **grouping items by shape**, or use two different items of a similar size or colour and place them in a mirrored way to achieve the classic feel.

**LIGHTING**

This idea of **mirroring and symmetry** is also important for light switches and fittings. Use two of the same pendants or **match a large chandelier with two smaller, similar table lamps** on the mantelpiece to create a balanced look. The simplest to achieve is matching bedside lamps.

The classic interior follows **simple rules that you can adapt** for your own modern take. Start by simply repositioning your furniture – you may be surprised at how simple yet effective this look is for your home. ■



ABOUT CHERIE

Cherie Barber is a renovator on TV's *The Living Room* and runs renovating-for-profit workshops. Cheriebarber.com.au



after
TOTAL \$7000

RENO SOLUTIONS WITH CHERIE BARBER

BRAND NEW BATHROOM

Staying true to its retro roots, **Cherie Barber** updates a **small bathroom** for small dollars.



before

Drab to fab
The old layout was poky and not a great use of the space.

1 RESTORING HARMONY

One of my favourite tricks for giving a tired bathroom some low-budget zing is to break out the specialist paint, and **gloss straight over the top of shabby tiles**, the vanity and the bath. But sometimes those old surfaces are simply beyond a cosmetic refresh.

A bathroom is often one of the smallest rooms in the house, especially in older properties, so squeezing the maximum out of the space is always a design challenge. This was a 1950s retro-style house, so it was important the bathroom did not look out of place – I was after a modern bathroom that retained a slight retro theme.

2 NO RISKY BUSINESS

Unfortunately, before I could get onto any of the creative challenges, there was some important remedial work to be done: **removing the asbestos**. I always leave this in the hands of licensed asbestos removalists. It's expensive, but what price do you put on your health and peace of mind?

3 LEVERAGE THE LAYOUT

By **removing a linen closet** that was adjoining the bathroom, I was able to claw back floor space so the new bathroom could **accommodate a larger vanity and new toilet**. The width of the bathroom was almost perfectly suited to the length of a bath, so I flipped the bath so it ran under the window. Along one wall, I now had space for the toilet and a large 900mm vanity with a mirror above.

4 WATERWORKS

The new layout inevitably required new plumbing. While it's always recommended to avoid changing the plumbing lines when you're renovating, to save on costs, sometimes it's absolutely worth the expense if it allows you to create a far superior look and more practical layout. That was certainly the case here. Keeping all the **bathroom services along one wall kept plumbing costs to an absolute minimum**.

5 TREASURE HUNT

While labour costs are nearly always the heftiest cost of any bathroom renovation, you can always **save on fixtures and fittings** by going in search of bargains yourself. Auction sites and clearance sales are often good hunting grounds, otherwise Bunnings offers a quick one-stop shop – I was able to pick up a new bath, vanity, toilet, glass screen and all the tapware, for less than \$1000.

6 TAKE IT TO THE MAX

High-gloss, floor-to-ceiling tiles always make ceilings look higher and a bathroom look bigger, so opt for this if you can. Tiles are cheap, and the extra labour to bring them a few notches higher is always worth the investment in my books.

Minus the asbestos removal, **this bathroom cost about \$7000**. Given how much a modern, well-planned bathroom boosts the value of any property, it's not a big outlay for the end result. On this sort of spend, you can double your return on investment. **H+**



STYLISH LIVING

Use the free **viewa** app and scan this page to explore & shop the latest trends from My House.

TEAL TIME

Add hits of teal and soft blue with a beachy style Dipped wooden **clock**, \$49.95; printed Flamingo **cushion**, \$49.95 and the gemstone-look Lennon **table lamp**, \$59.95.

MY GEO-POP DREAM

Reimagine your bedroom with this season's dreamy sorbet hues, fun geometrics and sweet accessories.

Clean mid-century lines, cool prints and soft retro shades are back, and you don't have to spend big to get in on the style trend. Create a smart, restful look and refresh your bedroom with these pieces.

CONNECT WITH US

myhouse.com.au

[myhouseaustralia](https://www.instagram.com/myhouseaustralia)

[myhouseau](https://www.facebook.com/myhouseau)

SUMMER FUN

Soft pink and blue make for a pretty duo. Try this combo: Atomic **coverlet set**, \$279.95; Tile Print **frame**, \$29.95; Dane **cushion** in Melon, \$39.95 and Artica **cushion** in Sea Blue, \$49.95.

RETRO PICK!

UNDER \$200

MyHouse
Est. 1956

REVIVE your bedroom with dreamy accents for under \$200

SWEET SENSATION

Scent your space with something from the MiCasa **aroma collection** in Rose Gold, from \$29.95 each, and decorate with the Lovely LOVE **sculpture**, \$24.95.

MODERN STYLING

Create interest with the Coral washed **frame**, \$29.95 and Copper Geo-Tipped **tea light**, \$29.95; warmth with the Emily **throw** in Pink, \$79.95 and retro cool with the Marina Oak **chair**, \$799.95 and **footstool**, \$199.95.

Open and shut case

White plantation shutters create a classic look that won't date.

DECOR SOLUTIONS

WITH JAMES TREBLE

HOW TO: PICK THE RIGHT WINDOW TREATMENTS

It's about light and privacy, **James** says, as well as **how your windows look** on the inside and out.

WINDOWS ARE AN architectural feature so it's natural that how we dress them is an important consideration not only for the interior styling, but for how the home looks on the outside. Where to start? I usually **begin at the front of the home** and try to achieve a cohesive look, no matter the styling. I work my way through, room by room, considering function and orientation. In living areas, daylight is important, but so is privacy. For bedrooms, you want to block out light as well as have privacy. In bathrooms, privacy is always key.

PLANTATION SHUTTERS

Shutters create that **holiday feel** and come in a range of finishes and materials. You can match the colour to the interior walls or go for a timber

look, however I usually suggest choosing clean white – it's timeless and goes well with everything.

HOLLAND BLINDS Holland, or roller, blinds are both space and cost effective. They come in a **range of textiles**, including blackout (great for bedrooms), sheer (so you can look out, but at night others can't see in) and light filtering (to allow light through but no direct vision, giving you bright rooms as well as privacy).

CURTAINS Curtains create a **soft, flowing effect**, add texture and pattern, and block out daylight and cold. They are perfect for home theatre rooms as they absorb sound, and can add drama to your living areas and bedrooms. ■

tips

ONE Shutters are fantastic to clean but not the most affordable option, so if your budget is tight, perhaps do the front facade only.

TWO Opting for a wide-blade shutter will allow maximum daylight in, as well as look visually less cluttered.

THREE Blinds are modern and clean, quite cost effective and take up little space.

FOUR Don't forget to consider the backing colour of the blinds so they look good from outside, too.

FIVE For odd-shaped windows, hang curtains above or overrun the sides of the window, to make them look higher and wider.

SIX You can always mix and match window treatments throughout the house, however it's best to use the same window treatment on all the windows in the same room.

SEVEN Remember: choosing too many different colours and styles can make your home look busy and confusing from the outside.

SPOTLIGHT

Bargains
Galore!

at Spotlight
we've got your
WINDOWS COVERED!

ALSO AVAILABLE IN
ROLLER BLINDS &
CURTAINS AND FABRIC
BY THE METRE.

This Triple Weave fabrication features
3 layers of fabric woven together.
This allows for light filtering during
the day and privacy at night.
Perfect for any room in your home.



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youtube.com/spotlightmediacentre

ABOUT LISA

Dr Lisa Chimes is a vet at the Small Animal Specialist Hospital and appears on TV's *Dr. Lisa To The Rescue*.



@frenchie_viv Little Vivienne looks like she's in need of a nap.



@ginger_midget83 Time for a bike ride! This cutie is buckled in and ready to go.



@sazza85 Busted! Rogue lives up to her name.

Pets of the month!

Want your **cute pet** to be featured in our next issue? Just **post your snap** on any social media, tag us at @homesplumag and hashtag #homesplumagpets.



OUR PET ISSUES

LISA'S PET ADVICE

Pets bring lots of love and joy to the home, but problems can arise, too. **Expert help** is at hand!

My bird seems to be out of sorts. What could be causing this?

Birds have an incredible ability to hide their illnesses as a survival mechanism. So when a bird appears unwell, it's probably because he is very sick. Generally, an unwell bird will have a "fluffed up" appearance and will be less active than normal. He will probably eat or drink less and spend a lot of time resting. There are many different reasons a bird might appear like this, including infections and respiratory, digestive, nutritional and urinary tract diseases. The best thing to do is get your bird to the vet as soon as possible. They will examine the bird and run a range of tests to try work out the problem. When you transfer your bird, it's often best to take him in a small cage that is covered with a towel to minimise stress. If a sick bird becomes stressed, the condition can quickly become fatal so it's important that you seek treatment for them straight away.

My dog likes to eat poo. Is this normal?

The fancy name for this is coprophagia and it can be related to nutritional deficiencies and diseases, so it's important that you discuss it with your vet in the first instance. Most puppies grow out of this behaviour but in healthy adult dogs, it can be difficult to eliminate. Make sure you feed your dog premium-quality food suited to their life stage and lifestyle. Consider trying to teach your dog to defecate in one area of the yard that they don't have free access to at other times. To ensure that boredom isn't a factor, give your dog adequate exercise and lots of toys, and play with them regularly. Teach your dog the command "leave it", and use it when you notice them sniffing anything they shouldn't be. You can also try putting deterrents, such as Tabasco sauce, on the faeces. If none of the above work, then you should speak to a vet or animal behaviourist about a specific treatment plan. **H+**

PRIZE #1

MOCKA

Win 1 of 2 gorgeous **Mocka Vibe Puzzle drawers**, valued at up to \$299.95. A statement piece with cool geo prints and a combo of vertical and horizontal drawers that make for functional storage. Mocka.com.au



PLUS WIN

PRIZE #2

WILLOW & WOOD
Win 1 of 2 **\$250 vouchers to spend at Aussie store Willow & Wood**. You could use it to buy some handy new storage items, or something fun for the kids, such as this **Alps shelf**, priced at \$119. Willowandwood.com.au

PRIZE #3

TEFAL

Enjoy elegant French cookware and win 1 of 2 **Tefal Heritage Triply 28cm Pot Roast pans**, valued at up to \$179.95 each. With **Thermo Spot** technology and a durable **Titanium Pro** non-stick coating, what's not to love? Tefal.com.au



COMPETITION

WIN! WIN! WIN! PRIZES TO BE WON

**TOTAL
VALUE
+\$2300!**

Lots of **cool prizes** for the kids and the kitchen up for grabs.



PRIZE #4

U. GAMES AUSTRALIA

Win 1 of 3 **U. Games Australia family game prize packs**, valued at up to \$140.75 each. Each pack includes the quick thinking and fast talking game **5 Second Rule**, as well as **Switcheroo**, **Chicks Go Boom**, **Reverse Charades** and **Poppin Hoppies**. Ugames.com.au

PRIZE #5

RUSSELL HOBBS

Win 1 of 2 **Russell Hobbs Vintage Collection kettle and 4-slice toaster sets**, valued at up to \$239.90, in the newest matte metallic **Bronze** or **Charcoal** finishes. A 1.8L capacity kettle and technology which toasts 48% faster means everyone gets served quickly and easily. Russellhobbs.com.au



How to enter:

To win any of our November prizes, tell us in 25 words or less: **"What was your favourite game to play as a child and what did you love about it?"**

There are three ways to enter:

1. **ONLINE** Visit Homestolove.com.au/homes-plus
2. **VIA VIEWA** See the **viewa** information below.
3. **WRITE TO US** at **homes+** November competition, GPO Box 4088, Sydney, NSW 2000. On the back of your envelope, indicate which prize/s you would like to win (e.g. #1 Mocka, #2 Willow & Wood) and include your full name, postal address, telephone number, email address and age.



ENTER THE COMP

Use the free **viewa** app to scan this page and enter to win!

The promotion closes at 23.59pm (AEST) 15 November 2015. Entry is open to **homes+** magazine readers who are Australian residents aged 18 years and over. Limit of one entry per prize permitted per person. This is a game of skill, not a game of chance. For full terms and conditions go to Homestolove.com.au/homes-plus. See page 111 for Privacy Notice. If you do not want your information given to any organisation not associated with this promotion, please indicate this clearly on your entry. The Promoter is Bauer Media Pty Ltd (ABN 18 053 273 546).

ABOUT SCOTTY

Scotty Cam is a DIY legend, *The Block* host and an all-round top bloke. Plus, he's Dad to Charlie, Sarah and Bill.

SCOTTY'S DIY

TOWEL RAIL

Scotty Cam shows how to make this contemporary ladder-style towel rail.

BEGIN WITH MEASURING TAPE; PENCIL; 2 X 1M-LONG PLANKS OF WOOD; CLAMP; DRILL; SANDPAPER; 3-INCH GRINDER (OR HACKSAW); 1.35M OF BOOKER ROD; 12 WASHERS AND STOP NUTS; SPANNER

STEP ONE Using a pencil and measuring tape, mark a point 100mm from the top of each plank. Then mark a point 300mm from the bottom. You need the bottom mark to be higher so there's room for the towel to hang down. Then mark a third point 300mm above that lower point.

STEP TWO Clamp the planks on top of each other so that the pencil marks line up. That way you can drill a hole

at the marked point on the top plank and it will make a hole in the second plank at the exact same point. Drill holes at all the pencil marks using a drill.

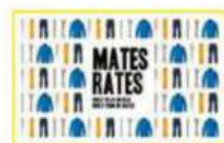
STEP THREE Sand down the planks all over.

STEP FOUR Use a grinder to cut booker rod to 3 x 45cm lengths (or use a hacksaw).

STEP FIVE Put a washer and stop nut near the end of each booker rod, far enough in to allow room for the plank.

STEP SIX If you like, rub some stain onto the planks.

STEP SEVEN Put the ladder together with remaining washers and stop nuts on the outside of the plank. Tighten inside nuts with a spanner. **H+**



I'll do you a deal
Check out Scotty's website under "Mates Rates" for great discounts on workwear and books. Head to www.scottycam.com.au.



STEP-BY-STEP VIDEO

Use the free **viewa** app to scan this page and check out Scotty's how-to video for this ladder-style towel rail.



WHERE TO BUY

THE WEBSITES PROVIDED BELOW ARE NOMINATED BY THE SUPPLIER AS THE NATIONAL CONTACT DETAILS FOR LOCATING YOUR NEAREST STOCKIST.

+ INDICATES THAT THE SUPPLIER OFFERS ONLINE OR MAIL-ORDER SHOPPING OR ORDERING



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adairs.com.au +
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olliella.com.au +

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NEXT MONTH

(ON SALE 16 NOVEMBER)

*filled with stunning homes all
decked out for Christmas and
lots of inspiring festive projects*

  @homesplusmag

Want a #sneakpeek of
our next cover before
it hits the newsstands?
Follow us on Instagram
or Facebook!

**REAL READERS'
CHRISSEY STYLE**

**DIY
DECOR
FOR
XMAS**

**HOW TO SET THE
FESTIVE TABLE**

December issue homes+

- * DIY decorations and centrepieces
- * A holiday-season makeover
- * Recipes for quick, easy nibbles
- * On-trend Christmas trees
- * Triple choc trifle to share
- * Great gift ideas under \$100

PHOTOGRAPHY JAMES HENRY

AFFORDABLE ALL-AUSSIE STYLE

YOU! BRAND PROMOTION



Entertainer Patti Newton is never far from the limelight, taking the grandkids to matinees, then walking the red carpet at night with daughter Lauren.



INSIDER SERIES.

Patti Newton

Let **Youi** take you on a tour inside the daily lives of some of Australia's most intriguing personalities.

PATTI'S DAY LOOKS LIKE THIS...

8am: Patti starts her day with breakfast at home with hubby Bert and granddaughter Lola, before dropping Lola off at kindergarten. Spending time with Lola is one of Patti's favourite things and she relishes having the chance to do so.

10am: Back at home, Patti enjoys a cup of tea while catching up on a few emails and paying the dreaded household bills.

11am: Patti hops in the car and heads off to the hairdressers. For over 30 years Patti has been visiting Edward Beale hairdressing for a little bit of pampering; it's her 'me time'.

12pm: As a special treat, Patti takes grandkids Sam, Eva and Lola to see The Wiggles. The kids wiggle their way through their favourite songs.

6pm: Back at home around the table, Patti and the family enjoy dinner together, they share stories and the grandkids have one last cuddle before heading off to bed.

8pm: Patti and daughter Lauren always have lots of fun together. Tonight it's a black tie event, and they enjoy glamping up for a girls' night out.

8am

10am

6pm

12pm

11am

8pm

GET YOUR FREE 6-MONTH MAGAZINE SUBSCRIPTION THANKS TO YOU!

Go to youi.com.au/insider or scan this page with the free **viewa** app to join Youi today and receive a free six-month magazine subscription. Terms & Conditions apply.



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WE GET YOU
youi.com.au/insider

Disclaimer: Based on over 1000 randomly selected Youi comprehensive car insurance quotes. Calculated in June 2015. Subject to rating and underwriting criteria. Please read our PDS and consider if this product is appropriate for you.

Kids brains grow and develop everyday



Antonia Kidman, Mother of 6

Help support their learning, memory and behaviour with Kids Smart Fish Oil.

As parents, we are always looking for ways to help our children be happy and confident in the classroom.

A healthy diet and proper nutrition are also crucial for children's developing minds and bodies.

Now there is an even greater understanding that growing brains and bodies need ongoing nourishment from Omega-3 DHA.

Omega-3 is found in oily fish (Salmon & Tuna are good examples) but, as many kids baulk at the sight, taste and smell of fish, it may be easier to supplement nutritional gaps with Kids Smart Fish Oil. It is specially formulated to be high in DHA.



HEALTH FIX

SPRING 2015

BE THE
BEST YOU!

KEEP TRACK OF YOUR HEALTH

PRICELINE.COM.AU



+ the beauty of HEALTH

health tracker

priceline pharmacy

how does your health score?

get on track at priceline.com.au

The Health Tracker is a free online tool to help you achieve your health goals

1

Log on to the Health Tracker and create your account



2

65/100

Answer the questions to get your unique health score

3

Access meal and activity planners from health experts to boost your score



4

Join one of our programs to support weight management, sleep, stress or healthy ageing



priceline.com.au



priceline pharmacy



INTRODUCING YOUR HEALTH EXPERTS



DR. JOHN D'ARCY
PRICELINE PHARMACY HEALTH EXPERT



MELANIE MCGRICE
PRICELINE PHARMACY NUTRITIONIST



ALICIA PYKE
WOMAN'S DAY & YOURS HEALTH EDITOR



STEPHANIE PREM
PRICELINE PHARMACY FITNESS EXPERT



YASEMIN TROLLOPE
BEAUTY EDITOR



WE'VE GOT WOMEN'S HEALTH COVERED

WELCOME

We all know we should be taking good care of our bodies, but with life's demands, leading a healthy lifestyle can often appear too hard. In this booklet, we've done all the hard work for you, with helpful advice so you can achieve your health goals. Within these pages, you'll find tips on weight management; how to reduce stress and improve sleep. There's also a section on spring health and beauty; plus, what you need to know about vitamins and supplements. And remember to complete the Priceline Pharmacy Health Tracker at priceline.com.au to find out your health score and receive your own personal health program, tailored to your needs. Here's to a healthier and happier you!

Sheree

SHEREE MUTTON
BEAUTY & HEALTH DIRECTOR
THE AUSTRALIAN WOMEN'S WEEKLY



SHOP priceline.com.au FOLLOW @PricelineAu



THE HEALTH TRACKER IS
A FREE ONLINE TOOL TO HELP
YOU ACHIEVE YOUR HEALTH
GOALS. LOG ON TO GET YOUR
HEALTH SCORE TODAY AT
PRICELINE.COM.AU

Be a well being

Come on the path to better
health with Blackmores®

BLACKMORES®
blackmores.com.au

Vitamin supplements should not replace a balanced diet.



IN NEED OF A REALITY HEALTH CHECK?

Keen to discover how your health stacks up? Get a clear idea today – for free – at the click of a mouse.

HOW DOES IT WORK?

STEP ONE: Go to priceline.com.au and click on the Health Tracker to start creating your account.

STEP TWO: Answer a series of health and lifestyle questions to determine your unique health score. You can even compare your score with others in your age range.

STEP THREE: Get access to Meal and Activity Planners that are built to help you improve your score and give your health the boost it deserves.

STEP FOUR: Take good health even further by choosing one of four 12-week programs targeted at weight management, sleep, stress and healthy ageing.

START NOW!

DID YOU KNOW?

32K

Women completed the Priceline Pharmacy Health Tracker with an average health score of 68/100 nationally**

ACTIVITY PLANNER

CUSTOMISE: The Priceline Pharmacy Activity Planner offers a simple, bespoke experience that begins by taking your age and any health restrictions into account.

SET GOALS: We know that the best way to help you achieve your fitness goals is by assisting you to stay focused. That's why the Activity Planner is with you every step of the way.

FOR MORE ACTIVITY AND MORE RECIPE SUGGESTIONS, GO TO PRICELINE.COM.AU



MEAL PLANNER

GET STARTED: Written and endorsed by nutritionists, the Priceline Pharmacy Meal Planner takes into account any allergies, dietary requirements, and even the size of your family, so everything is tailored to your specific needs.

FEEL SUPPORTED: Never face the supermarket aisles or meal times alone again – the Meal Planner offers well balanced recipes, then helps you create healthy shopping lists.

STAY FOCUSED: Noticing big and small improvements to your health is the best motivator, so keep up to date with your transformation with the help of the Health Tracker.



*Mummy
gummies*



Multivitamin gummies for grown-ups? You bet! In yummy Lemon, Raspberry and Strawberry flavours, too.

NATURE'S WAY* Adult Multivitamin Gummies, \$19.99

ALL THE GOODNESS

Whatever your health focus this spring, there's an ever-growing range of good-for-you vitamins at Priceline Pharmacy to help get you glowing, feeling good, and ready to go.

BEAUTY BOOST



THOMPSON'S* Energy Manager 60 Capsules, \$34.95



SWISSE* Ultiboost Hair Skin Nails Liquid, \$34.99



CENOVIS* Sugarless C 360 Tablets, \$13.99



METAMUCIL* Smooth Orange 72 Doses \$18.99



BLACKMORES* Odourless Fish Oil 200 Mini Caps, \$28.49



NATURE'S OWN* Odourless Fish Oil 240 Capsules, \$29.99

Your body performs at its peak when fuelled by the right foods – including plenty of fruits and vegies.

Of course, you can supplement a well-balanced diet too. Here's a guide to what's on counter.

MAGNESIUM: Magnesium is involved in more than 300 processes in the body. In our busy lives it helps relax muscles and calm moods, so it's great for people dealing with stress, sore muscles and low energy.

ENERGY TONIC: Korean ginseng has traditionally been used to boost concentration and energy levels. Try the Thompson's Energy Manager, which provides a caffeine-free herbal formula.



OSTELIN* Vitamin D 275 Capsules, \$39.99

BLACKMORES* Bio Magnesium 100 Tablets, \$26.99

VITAMIN D: Vitamin D helps our bodies absorb calcium better, which is essential for keeping bones and muscles strong. Try Ostelin Vitamin D for an easy-to-take daily dose.

FISH OIL: Fish oil has been shown to reduce inflammation and promote a healthy heart, brain and joint health. Try Blackmores Mini Caps for an odourless, easy-to-swallow size capsule.

FIBRE: Psyllium husk is a great source of fibre, which aids digestive health, and both Metamucil Multi-Health Fibre and Metamucil Fibrecaps Daily Fibre Supplement help to provide an effective dose.

VITAMIN C: To assist your immune system, keep gums healthy and to aid in collagen production, try vitamin C. Extra bonus: It may also help to reduce the visible signs of ageing!

SKIN, HAIR & NAILS: For radiant skin, glossy hair and healthy nails, try Swisse Ultiboost Hair Skin Nails Liquid, which provides essential nutrients that work from within.

Prices are Priceline's normal national selling prices and are subject to change. Prices and stock may vary from store to store and online. While stocks last. *Always read the label. Use only as directed. If symptoms persist see your healthcare professional. *Priceline Pharmacy Health Tracker Report August 2015. Vitamin supplements may be of assistance if dietary intake is inadequate. This product available at Priceline Pharmacy only.



METAMUCIL[®]
Multi-Health Fibre
100 Capsules,
\$20.99

did you
know?

62%

of women report to
have poor nutrition**



ALICIA PYKE

WOMAN'S DAY & YOURS HEALTH EDITOR

Spring zing, sorted!

As the days become longer and warmer, spring is the perfect time to get your health on track.

EAT: Swap comfort foods for fresh, light salads and nourish your body with the season's most delicious fruit.

MOVE: Walking for 30 minutes a day is all it takes to boost your fitness and brighten your mood. It's your shortcut to feeling wonderful!

DID YOU KNOW?

82%

of women don't eat
enough fruit and
vegetables**



Ashley Hart

Ashley Hart
Yoga Teacher,
Model & Swisse
Ambassador

Australia's No.1 Multivitamin Range*



CHC70981-08/15

Swisse Women's and Men's Ultivite

Specifically tailored with a unique combination of 50 vitamins, minerals, antioxidants and herbs to help fill nutritional gaps.

Premium quality formulas with ingredients based on scientific evidence[^] to support:

- Energy levels
- Relief of fatigue
- General wellbeing
- Vitality

swisse.com

*Aztec Sales Data: MAT 12/07/15 (Dollar Sales) (Grocery and pharmacy combined)
Always read the label. Use only as directed. If symptoms persist consult your healthcare professional. Vitamin supplements should not replace a balanced diet.

[^]To learn more about the science behind Swisse visit swisse.com

Model wears hoodie by Bonds, leggings by The Upside; yoga mat by lululemon.

Prices are Priceline's normal national selling prices and are subject to change. Prices and stock may vary from store to store and online. While stocks last. *Always read the label. Use only as directed. If symptoms persist see your healthcare professional. **Priceline Pharmacy Health Tracker Report August 2015. Vitamin supplements may be of assistance if dietary intake is inadequate.



DID YOU KNOW?

26%

of women report feeling pressure from their financial circumstances**

WOMEN'S HEALTH:

Swisse Women's Ultivite is packed with 50 vitamins, minerals and antioxidants to help provide nutritional support for your busy lifestyle.



SWISSE Women's Ultivite, 120 Tablets, \$54.99

DID YOU KNOW?

33%

of women report having frequent anxiety**

With B vitamins and vitamin C to support the nervous system, and passionflower to help reduce tension and anxiety, this is one clever little supplement.

BLACKMORES Executive B Stress Formula 28 Tablets, \$13.99.

STRESS LESS

With a third of us admitting to frequent feelings of stress and anxiety, it's time to learn how to get in the zen zone.

Mindfulness is one of the biggest buzzwords on the block these days, and with our constantly plugged-in lifestyles, it's more important than ever to adopt smart ways to keep feelings of stress, tension and anxiety under control.

No matter how busy life gets, create space in your day for a little 'me time'. Whether that's five minutes of yoga or just 15 seconds of simple, calm breathing, every bit helps.

LEARN TO UNDERSTAND WHAT AND WHO CREATES POSITIVE EMOTIONS FOR YOU AND DO MORE OF WHAT WORKS AND LESS OF WHAT DOESN'T.



Get tracking

Introducing the Priceline Pharmacy 12 week Stress program

Take control of your health today with the Priceline Pharmacy 12 week Stress program. Learn how to stress less and switch to a more positive frame of mind, no matter how hectic life gets.

IDENTIFY STRESS: Learn how to recognise your own unique ways of showing signs of stress, and what your personal sources of stress can be.

ACCESS HELP: Tap into your support network instead of facing stress alone, and set goals that will keep you looking up.

BE MINDFUL: Whatever curve balls life throws at you, from competing demands to looming deadlines, adopt a time management strategy that'll help you cope with it all.

LOOK BACK: Reflect on how much you've learnt and grown in the past 12 weeks and celebrate the achievements you've made.

START NOW!



embrace spring

TALK TO YOUR LOCAL
PRICELINE PHARMACIST
ABOUT THE PRODUCT
MOST SUITABLE FOR YOU.

This season, get on top of hay fever symptoms so you can keep that spring in your step as the weather warms up.



DR. JOHN D'ARCY

PRICELINE PHARMACY HEALTH EXPERT

Allergy happens in one in three Australians and it occurs when the immune system reacts to allergens – substances in the environment that are harmless for most people.

TYPICAL ALLERGENS are house dust mites, pets, pollen, insects, moulds, foods and some medicines.

REACTIONS on the nose and eye may cause rhinitis and conjunctivitis; on the skin hives and eczema and in the lungs, may cause asthma.

MAST CELLS in the immune system release histamine which causes uncomfortable and irritating inflammation.

MOST ALLERGY reactions are mild to moderate, but some are severe and can be fatal.

AVOIDANCE of the allergen is not always possible, especially in the spring. Speak to your pharmacist about antihistamine options suitable for you.

When the mere thought of freshly cut grass and bees a-buzzin' is enough to make your eyes water, it helps to know that fast-acting, long-lasting remedies are conveniently close at hand. From non-drowsy formula nasal sprays, to clever little capsules and super-soothing eye drops, you'll find a whole range of convenient ways to keep hay fever symptoms at bay at your nearest Priceline Pharmacy.

1. ZYRTEC⁺ Levocabastine Eye Drops, 4mL, \$17.99; **2. ZYRTEC⁺** Levocabastine Nasal Spray, 10mL, \$19.99; **3. OTRIVIN⁺** Adult Nasal Spray, 10mL, \$10.99; **4. ZYRTEC⁺** Rapid Acting 14 Liquid Capsules, \$28.99; **5. TELFAST⁺** 180mg 60 Tablets, \$39.99.



Get tracking

Introducing the Priceline Pharmacy 12 week Sleep program

Fast-track your way to a better night's sleep with Priceline Pharmacy. The specially developed, 12-week online program is designed to help build a healthier, well rested you. Here's just a sample of all the great info and supportive advice you'll have access to:

THE BASICS: Discover how much sleep you need, and what happens when you don't get enough.

SLEEP HYGIENE: Less about how often you wash your sheets and more to do with your habits surrounding bedtime, including phone use, caffeine consumption and more.

BAD HABITS: Learn how much your daily habits – everything from napping, to drinking alcohol, to watching television – can impact your sleep.

ENVIRONMENT: Find out how to set up the perfect environment to encourage a better night's sleep.

START NOW!

**FOLLOW THE SAME
BEDTIME ROUTINE
EACH NIGHT TO LET
YOUR BODY KNOW
YOU'RE GETTING
READY TO SLEEP.**

DID YOU KNOW?

30%

of women report having
poor sleep.**

CATCH SOME ZZZs

**Tossing and turning at night? You're not alone.
Here's why sleep is so important, and what
you can do to snooze more soundly.**

There's nothing sweeter than hitting the pillow after a long day, but it's not always easy to drift off dreamily.

Almost a third of Australian women admit to poor sleep, and common sleep disorders include snoring, insomnia, obstructive sleep apnoea and restless leg syndrome. The ideal amount of sleep is different for everyone, but, on average, just over eight hours allows you to feel and perform at your best.

What's more, a good rest leads to better concentration and improved mood, and positively affects your memory, metabolism and immune system. Yep, when it comes to your health, it really does pay to hit the hay.



SWISSE[®] Ultiboost Sleep
100 Tablets, \$29.99



MELANIE MCGRICE
PRICELINE PHARMACY NUTRITIONIST

Not sleeping well?
Try these five dietary tips
for improving your sleep:

ONE: Enjoy a glass of milk after dinner to increase your tryptophan intake.

TWO: Include wholegrain carbohydrates such as pasta or brown rice with your dinner to increase the production of sleep-inducing serotonin hormones.

THREE: Undertake at least 30 minutes of physical activity during the day so that you are physically tired.

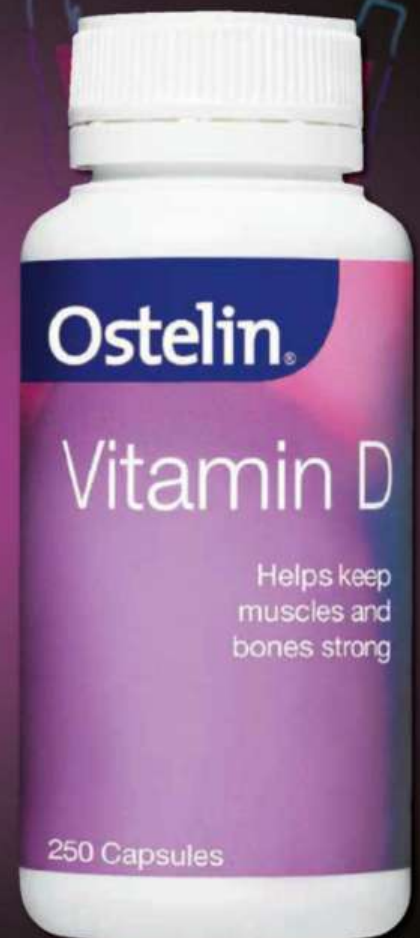
FOUR: Sip on a cup of chamomile tea just before bed to help induce sleep.

FIVE: Try to eat dinner at least two hours before bed so that you're not going to bed on a full stomach.

STRONG WOMEN NEED STRONG BONES



- Vitamin D is essential for Calcium absorption. A diet deficient in calcium can lead to osteoporosis in later life.
- Vitamin D helps keep muscles and bones strong.
- Australia's #1 Vitamin D brand*



Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet.

*#1 Selling Vitamin D brand by unit sold in Australian Grocery and Pharmacy, Aztec Scan Sales, National Units MAT to 02/09/13.
AD-OPL1-915

CHC43320-12/13

IT'S TIME TO GET MOVING

Not sure where to start in order to get your health and fitness on track? Try right here!



STEPHANIE PREM
PRICELINE PHARMACY FITNESS EXPERT

To help you get active and stay active, try Steph Prem's three simple tips for building better health habits:

1 DON'T OVERTHINK IT: Getting active can be easy. Don't be overwhelmed by the thought of it or the process to come – the first step is just turning up! Try making yourself accountable by buddying up with someone else and start scheduling fitness dates to keep each other motivated.

2 INTEGRATE: Integrating your newfound habits into your lifestyle is the key to success. Whether it's making better dietary choices, scheduling some time for yourself, or taking control of

DID YOU KNOW?
62%
of women don't get enough exercise**

your routine, doing things that you enjoy will help improve your mindset and keep you healthy and happy for longer.

3 BALANCE: Some of us tend to prioritise our jobs and work commitments over our own health, yet true balance is all about taking better care of yourself and not feeling ashamed about it. Make sure to find a balance that works for you to maximise your results!

DON'T FORGET TO WEAR SUNSCREEN!



BANANA BOAT®
Sport Coolzone
SPF50+
175g, \$16.99

Get tracking

Introducing the Priceline Pharmacy Activity Planner

With so many types of exercise available, from yoga to high-intensity training, sometimes it's hard to know where to start. Try the new Priceline Pharmacy Activity Planner to help get you moving towards better health.

TAILORED: Tailored activity plans give you a great personalised workout to help maximise the effects for your unique body.

STRUCTURED: Build better habits with a structured activity plan designed to get you moving in a way that's effective for YOU.

SUPPORTIVE: Get insider knowledge from our health experts who have crafted the Activity Planner, to help you towards your activity goals.

START NOW!

YOUR BODY RESPONDS WELL TO DIFFERENT FORMS OF MOVEMENT, SO BE CREATIVE AND OPEN-MINDED WITH YOUR APPROACH – YOU COULD TRY PILATES, YOGA, SWIMMING AND BOXING.



Nicabate®

minis™

proven to
**relieve sudden
cravings fast,***
anytime, anywhere.



Nicabate®

**RECOMMENDED BY 4 OUT OF 5
SUCCESSFUL AUSTRALIAN QUITTERS^{^†}**

* Nicabate Minis 4mg relieves sudden cravings in minutes. [^] Based on a survey of successful quitters in Australia who have tried Nicabate and other competitor products.

† Nicabate Claims Substantiation Study Australia, Dec 2014, n=311.

Stop smoking aid. Contains nicotine. Use only as directed.

SHAKE IT up!

Looking to spring clean your eating habits and get your health on track? Here's some food for thought.

Eating well and looking after your weight doesn't just lead to success on the scales. There are many unexpected benefits too – think better brain power, improved sleep and a reduced risk of cardiovascular disease, type 2 diabetes and more.

Whether you're one of the many men and women across Australia who are overweight or obese and are looking to trim down, or you simply want easy ways to introduce better variety to your plate, there are plenty of supplements, superfoods and meal replacements at your fingertips. And when you need an extra helping hand, the Priceline Pharmacy Meal and Activity planners can help and support you in reaching your health goals.

1. **GREENTEA**™ X50 5 serves, 15 serves or 30 serves \$14.99, \$24.99 or \$39.99; respectively.
2. **FATBLASTER**™ Shake Chocolate, 430g, \$21.99; 3. **BIKINI LEAN**™ Thermogenic Protein Shake Chocolate, 500g, \$39.99;
4. **GASTROLYTE**™ Lemon Flavour Effervescent, 20 tablets, \$13.69;
5. **ISUSTAIN**™ Hospital Quality + Fibre Chocolate Shake, 900g, \$24.99.



BIOGLAN
Superfoods
Coconut Oil,
300g, \$12.99



REHYDRATE
FAST



†Food for special medical purposes. To be taken under the supervision of a healthcare professional.



DID YOU KNOW?

51%

of women have a BMI of 25 or higher, meaning more than half of us are overweight or obese.**



FIG & RICOTTA TOAST

INGREDIENTS (to serve 1)

- 2 tbs reduced-fat ricotta cheese
- 1 pinch ground cinnamon
- 2 slices multigrain bread
- 2 figs, sliced
- 1 tsp honey

METHOD

- 1 In a small bowl, mix the ricotta and cinnamon together.
- 2 Place the bread in toaster and cook to your liking.
- 3 Spread the ricotta over bread evenly, then top with sliced fig.
- 4 Drizzle the honey over the toast, then enjoy!

NUTRITION PER SERVE

Calories: 253
Sodium: 344.1mg
Fibre: 6.7g
Fat, total: 4.7g
Saturated fat: 1.9g
Carbohydrates: 39.4g
Sugars: 16.3g
Protein: 9.8g

FOR MORE RECIPE IDEAS GO TO
THE MEAL PLANNER AT PRICELINE.COM.AU



MELANIE MCGRICE

PRICELINE PHARMACY NUTRITIONIST

When you are healthy on the inside, you'll have more energy, be happier and less stressed – that tends to result in less wrinkles, a healthier weight and a bigger smile which help you to glow on the outside.

I believe that we're all different, and it's important to get tailored health advice that suits our health, genetics and lifestyle.

"My clients tell me that not having time to plan their meals is one of the most common reasons why they don't eat well. The Meal and Activity Planner does all of the hard work for you!"

PRICELINE PHARMACY MEAL PLANNER:

Need advice on improving your eating habits this spring? Try the Priceline Pharmacy Meal Planner – it provides healthy recipe suggestions and tips on eating well to help you transform your plate and your wellbeing.

BIOGLAN Superfoods Chia Seeds, 250g, \$12.95



OH-SO CLEAN

Remember to show your hair some love! Choose moisturising shampoos and conditioners for super-shiny strands.



PANTENE Daily Moisture Renewal Shampoo or Conditioner, 350mL, \$7.99 each



EXTRA CARE



SUPER SMOOTH

YOU KNOW THE RULES:
Always nourish and hydrate from head to toe.

What's your skin's survival kit? Whether you need to maximise the moisture or keep breakouts at bay, get to know your skin and spoil it with the products it loves most. Always cleanse, tone and moisturise daily (no skipping!) and, once or twice a week, rock a face mask and body lotion for a forever smooth and supple feeling.

YOUR KIT: 1. **CETAPHIL** Skin Cleanser, 1 Litre, \$23.99. 2. **SUKIN** Super Greens Detoxifying Clay Masque, 100mL, \$15.99. 3. **NIVEA** Daily Essentials Gentle Facial Cleansing Wipes, \$7.49. 4. **NIVEA** 3 in 1 Micellar Cleansing Water 200mL, \$9.99. 5. **PHYSIOGEL** Calming Relief Cream, 100mL \$12.99. 6. **BILLIE GOAT** Intensive Eczema & Psoriasis Balm, 100mL, \$18.99; 7. **SWISSE** CoQ10 Facial Moisturiser, \$24.99. 8. **SUKIN** Super Greens Nutrient Rich Facial Moisturiser, 125mL, \$12.99. 9. **NIVEA** Q10 PLUS Nourishing Body Lotion, 400mL, \$9.99. 10. **SUKIN** Super Greens Detoxifying Facial Scrub, 125mL, \$12.99. 11. **AVENE** Cleanance Cleansing Gel, 200mL, \$29.99. 12. **REDWIN** Perfect Naturals Coconut Balm, 25g, \$5.99.

GLOW ON

As the temperatures rise, you know it's best to rock that faux glow while keeping your skin protected.

The sun has finally returned and long days are here to stay, and while it's fun to frolic on the sand all day, giving your skin the right summertime TLC is essential – no two ways about it. Here are some quick SPF tips:

DRY TOUCH: If you don't love that sticky residual feeling, look for quick-drying options so you can apply and go.

DUAL ACTION UVA: Rays can accelerate skin ageing, so look for broad spectrum bottles that protect against both UVA and UVB rays, to help keep a youthful glow.

FACE IT: Always apply a high-protection (50+ is best) SPF to your face. A formula with a matte finish works best above the neck.

OCTOBER IS THAT TIME OF YEAR WHEN THE SUN STARTS TO SHINE AND IT'S EASIER TO GET OUTDOORS. WE TEND TO GRAVITATE TOWARDS FRESH FRUIT, SMOOTHIES AND SALADS INSTEAD OF CRAVING HEAVY COMFORT FOODS, SO IT'S A GREAT TIME OF YEAR FOR US TO BE FOCUSING ON HEALTH AWARENESS.

Model wears swimsuit by Speedo; shorts by Bonos; hoodie by Nike.

Prices are Priceline's normal national selling prices and are subject to change. Prices and stock may vary from store to store and online. While stocks last. *Products available at selected stores. †Always read the label. Use only as directed. ASMI: 25261 0815



YASEMIN TROLLOPE BEAUTY EDITOR

Don't even think about fake tanning unless you've prepped correctly first. This means diligent hair removal, exfoliating and moisturising the day before, and steering clear of any products – even deodorant – the day of your tan. When you're ready to apply, use a tanning mitt rather than your fingers. The extra leg work will improve the end result, leaving your limbs evenly coated and your tan lasting a few extra days. Consider yourself a tanning novice? Try using a gradual tanner instead. The subtle results build up over time, while the chance of a mishap is next to none.



Glow from the inside out – get your Health Score with the free Health Tracker tool at priceline.com.au

STAY SUN SAFE

1. **ST TROPEZ** Gradual Tan In-Shower, 200mL, \$39.99.
2. **MODELCO** One Hour Tan Mousse, 200mL, \$19.99.
3. **LE TAN** in Le Can Deep Bronze, 150g, \$15.49.
4. **JBRONZE** Daily Beauty Balm SPF50 50mL, \$19.99.

Get tracking

Introducing the Priceline Pharmacy 12 week Healthy Ageing program

It's easy to set up a Priceline Pharmacy Health Tracker profile and start any of the free 12-week health programs on offer. Here's a sneak peek of what's in store during the Healthy Ageing program:

HEALTH CHECK: Work out where you stand healthwise, by recording everything from your blood pressure, to cholesterol and waist circumference.

FEEL THE LOVE: Keep your heart healthy by discovering the best ways to stay active, whatever your age, gender and weight-loss needs.

ACTIVE MIND: Adopt new ways to keep your brain in good shape, and find out how to recognise the symptoms of depression and loneliness, and how to combat both.

FEEL GOOD: Figure out the not-so-healthy habits that are holding you back and learn how to overcome setbacks so you can keep your good health on track.

START NOW!



HEALTHY AGEING

Because glowing, radiant skin is possible at every age and life stage.

There's no time like the present to embrace ageing – after all, it's a blessing. And yes, these days, you can absolutely age gracefully and beautifully at the same time. Your first stop down the beauty aisles? Say hello to serums. From radiance-boosting options to

nourishing, hydrating formulas, there's something for every skin type. Pair them with youth-enhancing day and night creams for a luminous appearance at every age.

YOUTHFUL-LOOKING SKIN'S BEST FRIEND? WATER! AS THE WEATHER WARMS, AIM TO DRINK ABOUT TWO LITRES EVERY DAY.



ALICIA PYKE

WOMAN'S DAY & YOURS HEALTH EDITOR

DID YOU KNOW?

Women who take a proactive approach to managing their health are actually happier. It's true. Do wonders for your wellbeing with these super-simple tips.

EAT SEASONAL: Look for bright, ripe fruits and vegetables packed with vitamins and minerals.

TRY SOMETHING NEW: Whether it's yoga or life-drawing, get out there and give it a good go!

MAKE TIME FOR YOU: Put yourself first and get your blood pressure checked.

REACH OUT: Spend time with family and friends who make you feel amazing!



TRY: A'KIN Pure Alchemy Cellular Radiance Serum 23mL, \$39.99; **SANCTUARY SPA*** Wonder Oil Serum, 30mL, \$32.99; **DR. LEWINN'S** Eternal Youth Luminosity Day & Night Golden Essence, 30mL, \$69.99; **SKIN DOCTORS** BeetoX, 50mL, \$59.99

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